

CONCENTRATION.



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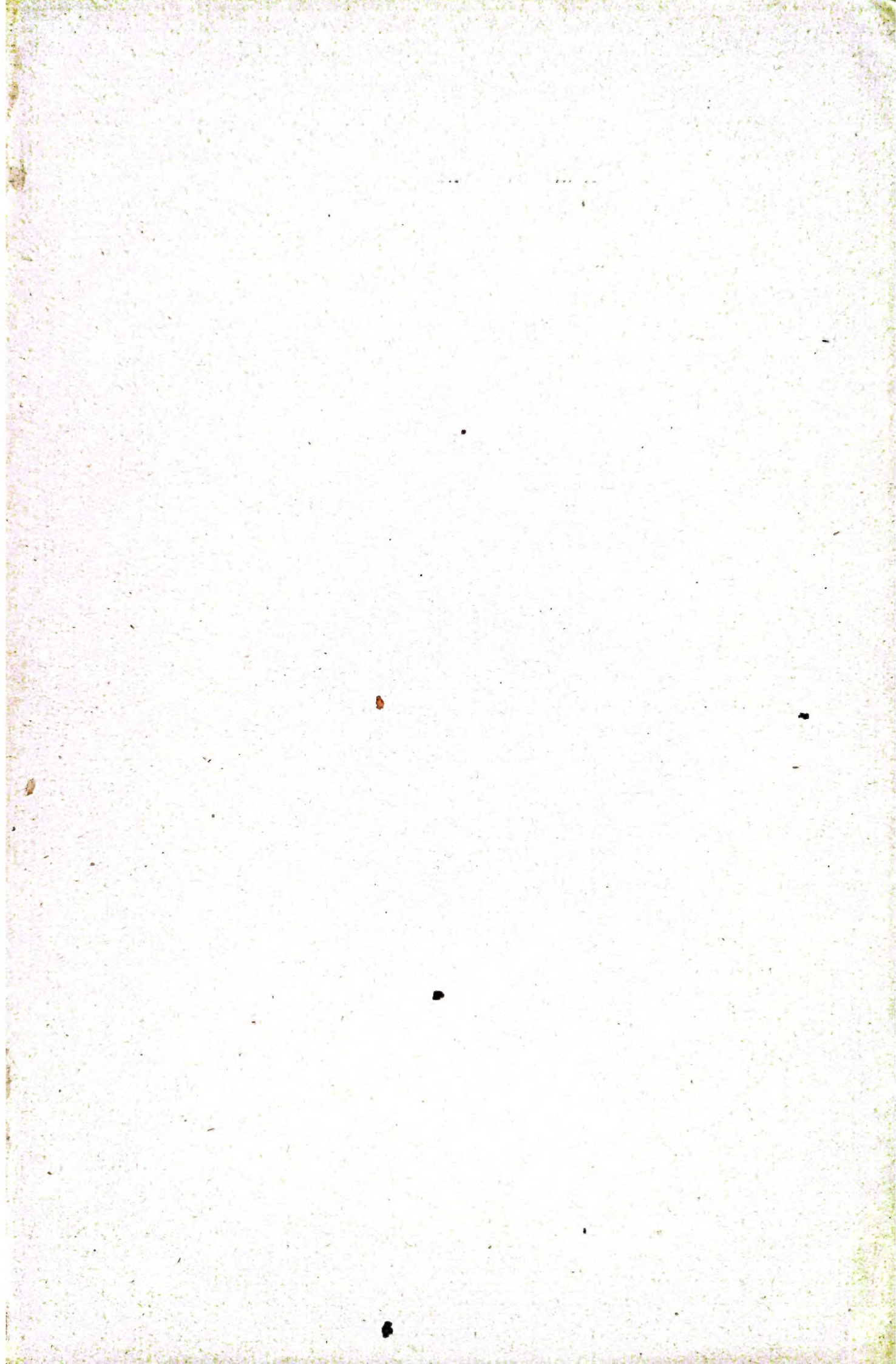
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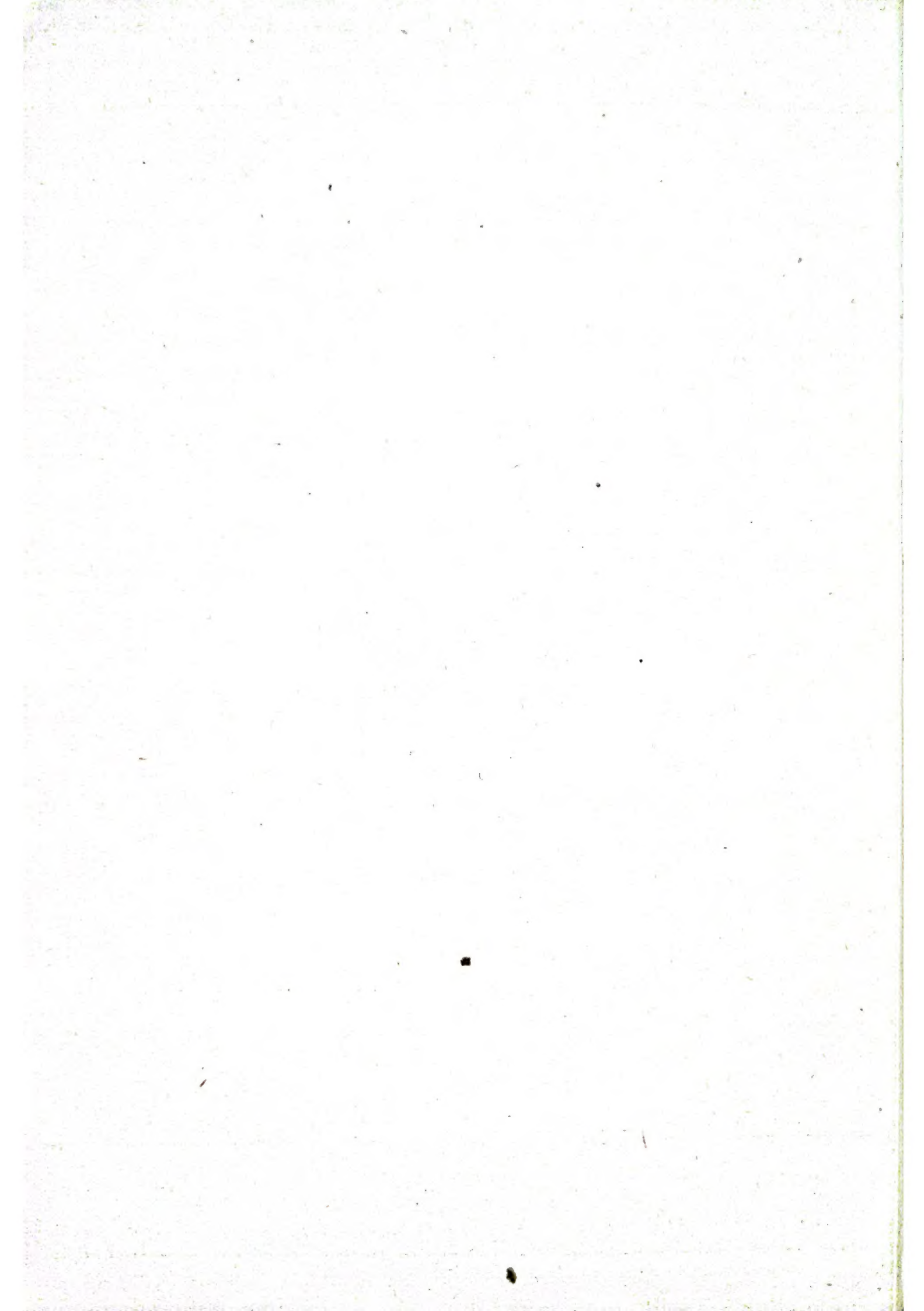
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(really good!)









Occult Science Library

Volume Six

CONCENTRATION

Giving one hundred and eighty-four drills and helps, in the development and use of occult powers of mind, in all business and art.

By ERNEST LOOMIS.

**Publishers.
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Dedication.

**TO THE CHURCH OF SILENT DEMAND THIS
BOOK IS AFFECTIONATELY DEDICATED WITH
THE SINCERE HOPE THAT IT WILL HELP IN
ESTABLISHING THE CHURCH UNIVERSAL.**

PUBLISHER'S PREFACE.

This subject matter was first published, less than a year ago, in six booklets, of which over twenty-five thousand copies were quickly disposed of. It has given such satisfaction that it has been adopted and will be used daily, from March 1st to Sept. 1st and from year to year, by the members of the Brotherhood; therefore in answer to these and numerous other demands, we publish it in this more permanent form, and earnestly trust its helpfulness to readers will increase, as a result of the natural accumulations of stored energy, or co-operate power through individual development, to which these drills and helps plainly point and lead the way.

INTRODUCTION.

It was but yesterday, that a noted english-woman, favorably known throughout the world, and whose entire life has been devoted almost wholly to benevolent work, arrived here from England and related a story of marvelously far-reaching results obtained through the use of suggestions given in our book entitled "Your Practical Forces." Without consulting any one and unknown to us, she consecrated her life to our work, and came all of this way for the purpose of obtaining further instructions. The secret of her success in the use of occult forces, was, that she *applied* the principles and practices we outlined for her; and although many thousands of persons have likewise been greatly helped through the instrumentality of our work, there are comparatively few who have been sufficiently thorough to gain the wonderful benefits that might otherwise have been theirs.

One object of this book is, to at least partially counteract these superficial tendencies on the part of students. The omnipotence of the true occult principles of thought concentration, etc, will hardly become fully manifest in the individual life until they are properly applied, therefore the practices herein offered should be appropriated, and used until the possibilities they offer are transmuted into actualities. The student can hardly be too thorough. These subjects and helps were somewhat hastily prepared, but are cor-

INTRODUCTION.

rect in the substance, and have, in thousands of cases, proved their helpfulness by actual results. I wish to herein acknowledge my thanks to Alwyn M. Thurber for his efficient assistance in the compilation of the first fifty-five pages of this subject matter, and am sure that in time these thanks will be multiplied by the kindly thought-forces of the many readers who will subsequently become indebted to him for the helps therein offered and obtained. There are abundant rewards in store for all who will master the principles and methods of development outlined in these publications, and who will then co-operate daily with the thousands who use the thought practices therein outlined.

DIRECTIONS.

The first thirty-one of these subjects and noonday helps, are for use, in the order given, or one each day, during the month of March of each year. The second thirty, are for each month of April; and so on for the next four months, or until September 1st. The subjects and drills to be used from Sept. 1st. to March 1st of each year, are published in our book by Ernest Loomis, entitled "Concentration Methods and Helps," (price \$1.25 post-paid.) If you faithfully apply these principles and daily practices, you are sure to find them very helpful, and can safely depend upon finding those in the above named volume, equally so.

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Noonday Helps for the Universal Church of Silent Demand.

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I. Methods of Concentration.—The central object of these Daily Subjects is to encourage the habit of concentration. When all the members of the Brotherhood fully realize the need of and will practice thought co-operation, the work accomplished will be fourfold. Concentration is the act of fixing the mind upon some certain object most desired, and seeking it without diffusion. Mind being at all times the master, and thoughts being things, and the object sought being a righteous one, is it to be doubted that when our entire Brotherhood hold a single thought in unison, marvelous results are to be expected? As these subjects are numbered to correspond with the day of the month, nothing is easier than for each member to know something of what is passing in the minds of the other members. Take for the first of the month, and during the noon-hour this subject of Concentration. It is a most prolific subject. If possible, after meditation talk about it, and try to evolve some new thoughts concerning it. Even if you are busy at work you can give a single thought to it. If you are sitting in private or in company with friends, you are all the more fitted to perform your part successfully. Thus giving forth a series of like thoughts in unison with the many others, you will soon begin to receive rich returns. If you are in trouble, the trouble will begin to grow less; if

ailing in body or mind, the ailment will begin to drop away, and in time you will find yourself healed or out of trouble. If you are an advocate of some worthy reform, after you have acquired the habit of concentration you can soon do that reform an inestimable service, because you are in fact sharing in the silent sympathy and support of thousands of others. We have been waiting for the time to come when these Subjects might be given out advantageously. We believe the hour has now arrived, and every member is requested to observe and report his or her experiences as time goes on, receiving in return our silent replies of kindly thoughts. Throughout each month cultivate the habit of concentration, not only during the noon hour, but in all the affairs of life, and do this with a well-directed fixedness of purpose. When this habit has been fully formed, results in business and social life will come to you and make you strong and self-reliant, and in time you will be able to affirm that you are at least a living factor in the world, able to stand alone as a shining light in aid of your weaker brethren. This is the law made manifest. Not some new and recently enacted law, but the law under which the entire universe has been built. As Love is the fulfilling of the Law, so is obedience to the law a sacred privilege. If you can no more than read several times over the day's subject, until you are thoroughly familiar with it, then evolve at least a thought or two upon it of your own, your work will be most admirably begun. In time you will no more do without the sustaining helps thus derived than you would miss your meals. Feeding the soul is quite as necessary as nourishing the body. Both of these when well done help to build up the soul and remove the wrinkles from the face. A warming spark of comfort comes into the heart, and the mind becomes trained to better things naturally.

2. The Secret of Power. Affirmation: *I-am-the-law-of power.* True occult power, though it exists everywhere without stint, is in reality appropriated only by the few. Why is this? Is it not because of the limited vision of the individual? or is it because the individual feels no special need of aspiring beyond his narrow field of action? Strong men and women in history have aspired, reached their zenith, and have fallen. They sought worldly gain by outward means. Their spiritual gifts were either unheeded or unknown. Within the realms over which they ruled humble philosophers may have lived, and thought, and worked perhaps as peasants. Love was their tenet of faith, and their religion was without pretensions of any sort. Their sovereigns, even at the zenith of their glory, were not as truly great as they. In the freighted silence a glow of heart comes to the philosopher and gives him hope. The ruler, proud and outwardly strong, feels upon victory the keenness of pride, but closely following this stalks the darkening shadows of remorse, for something—some vital supply of kinship—is missing, and his heart is heavy and complaining. Could we combine the outward rulership with the inward self-mastery, what a power would ensue! "He that ruleth his own spirit is greater than him that taketh a city." The potentate is prone to be dazzled by the glitter of court display; his lowly subject of the valley feels the glow of love-light in his heart and soul centers. That which is of the king's seeking is weakness; of the peasants's, strength. Must our occult powers, then, come to us clothed in purple and fine linen? or is it not well that they come to us in modest garb? Since men first existed, power in some form has been sought. With his limited vision the savage seeks his with the club and fire-brand. The mystic of all history has sought his in the holy silence, with love as his guiding star. The former is fleeting; the latter is eternal,

and therefore of God. Now, to discover the secret of power we need not scour the highways with flaming torch, but we ought rather to seek the genial retreats where, with a warm heart as guide, we can take up and follow the silken thread that leads to perpetual sunlight. Power thus found is ours by sovereign right.

3. To Avoid Diffusion. Affirmation: *I-now-concentrate all-my-forces.* One never enters a successful business establishment but he feels the tense atmosphere of concentrated forces. The words spoken are *finals*, and the employe obeys without a murmur of hesitation. For, had the directing mind to go into details and explain why such and such an order is given, how long would it be before his business would be shattered? Our daily lives are subject to these same fixed requirements. Were we to speak conclusions rather than effusions, there would of course be less words used, but there would be more service performed. The reason of this is apparent. Less words mean more thought. More thought means greater conservation of the forces. When we give out prudently our acts and words have greater effect, because there is a further supply back of them. An immoderate talker wears a wan face and a nervous air. His business ventures are short and indifferent ones, because he diffuses his forces from his tongue's end; while a discreet and moderate use of words—kindly and firmly spoken—impresses the hearer and invariably commands attention. Many business men are unconsciously practicing genuine occult methods, because they seem to have been born with them. They perhaps could not explain why they succeed—they simply do—and an observing world must find out and understand why as best it can. Our purpose is to make a scientific rendering of this same practical Occultism, for the use and good of the student who expects to grow, and can grow, by the one practice of avoiding all useless diffusion.

4. **Daily Drill.**—Probably one of the best known occult practices is to repeat mentally or orally some sentence or text containing life-giving vibratory sound. For example, suppose you were to say this: "*My vision is perfect, and therefore without limit. My love is universal, and therefore without end.—Peace—peace—peace.*" The last three words are added, slowly and calmly, to make the mind more receptive to the interior meaning of the text. Or, each student may be able to formulate some sentence which may better suit his or her needs. Only, when you have fixed upon a text, use no other so long as it yields a due amount of rest and healing. It is not perhaps that the words have any great meaning—for sometimes one sentence will do as well as another—but it is the equalizing effect of the spirit of the phraseology that you need. Make it yours and repeat it as you work or rest, and it can be followed up quite as easily as any other habit. Thus habit becomes a servant rather than a master. Certain people find themselves humming mentally a strain of music, others repeating some couplet of poetry from a favorite author. In a way this is a direct proof that that very tendency of the mind into habit can be utilized to advantage. For, if our thoughts will wander about aimlessly, they can be directed by a slight systematic observance. Have you not had some experience bearing upon this subject which you can add to what we have written above? If so, kindly make that also a part of the day's lesson.

5. **Soul Presence.** Affirmation: *I-now-feel-my-soul's-sacred-presence.* Soul may be termed the true measure of one's past experience. A person whom we call a "great soul" is necessarily broad and deep in his nature. As he comes near you, though not a word is spoken, you somehow feel his presence. A "small soul" or one of limited experience, impresses you but slightly. Can it not be said that the primary purpose of our sojourn upon earth is the acquisi-

tion of soul? Then the soul aura which surrounds each individual should be looked upon as so much spiritual capital. Not that our experiences must be manifold and always severe, but that we shall aim to get at least some wisdom out of every contact and thought of our lives. We find it hard to imagine a lost soul, though we must agree that certain people seem to be losing it faster than they acquire it. Then must not the individual soul at last lose its individuality from the very nature of things? Right living, right thinking, careful observation of all that is passing, making practical every aspiring thought, and right associations, must certainly build up the soul accretions, and then there is no loss, but a steady, legitimate gain. This is progress. Imagine the ultimate of a soul which grows in spite of the travail of terrestrial life!

6. Evidence of Soul. Affirmation: *I-am-my-higher-self, my-power-to-think.* In line with the foregoing, a word may be offered upon the evidences which indicate the extent of a person's depth of soul. After you have studied Occultism for a time, you very naturally form the habit of studying human nature. We all find that the successful business or professional man is not the blustering, theorizing, loud-talking, pompous citizen who spreads momentary alarm among his associates. Witness if you will the movements and style of the true man who has amassed a fortune. Quietly aggressive, calm in demeanor, steady in his habits, genial but never over-communicative toward his fellows; kind, and above all, conservative in his plannings. For a time the world loses sight of him because of his unostentatious ways, and he is considered dull by the plunging multitude which goes in for noise and sudden enterprises. He goes quietly on massing his forces while others follow up the mad whirl of civic display. Do we hear from him in the future? Study that certain gleam in his eye, which puzzles you the

more you see of it. It is a direct evidence of a growing soul. Out of those windows the inner man is peering at you and looking you through. He is the citizen who in time builds those palatial business blocks and gives millions to found art halls and in aid of charities. In another earth life, with his vast accretions of soul, that person will awaken to find himself a mystic indeed, providing, of course, that his motive for and methods of amassing a fortune were sufficiently altruistic.

7. Thought, Contemplation, Revery. Affirmation: *I—now—draw—on—interior—forces—only.* There is a certain harmful method of thought, as when the contemplative mind, losing itself needlessly, drops off into habitual, non-productive, thought-drifting revery. Victor Hugo says: Woe to the brain worker who allows himself to fall entirely from thought into revery. . . . Thought is the toil of intelligence, revery is its voluptuousness." In other words, dreaminess of self may become a species of idleness, while thought—either active or abstract—is its opposite. When engaged in meditation care should be taken not to permit the mind to drift. Sleep is nature's choicest revery. At such time the outward mind takes no cognizance of passing things, and the body and brain are in a state of rest. The habit of desultory day-dreaming revery has been the bane of many a worthy mind. The springtime, with all its awakening glories, may tempt the dreamer to bask in the very sunlight which is given him to further his active needs, while that same natural scenery might become the incentive to a needed revery and interior silence most holy. A purely dreamy state, therefore, is as much to be avoided as is a state of constant restlessness.

8. The Troubled Self. Affirmation: *I—will—arise—above—all—grief.* Certain members of our Brotherhood are to-day bowed in grief. Let us take a word of counsel in behalf of these. One of the hardest lessons to learn is the selfishness

of grief. A companion has gone away and tears spring to our eyes unbidden. Why these tears? Had we progressed so far that all wisdom was ours, would we grieve? Think of the mystical mind which sees the universe as one vast whole! Death to such a soul has been abolished, and all is life and activity. Two hearts which truly love are never separated. We mourn because *we feel uncomfortable*, not because the loved one has gone higher, and is therefore happier. To overcome grief a new and more rigorous habit of concentration is necessary. Each added experience broadens our field of action, and our eyes are the more inclined to wander afar over the widening expanse. Then arises the need of a greater focusing of the scattered forces. We now have thoughts of greater magnitude to concentrate, and therefore must be found equal to the harder task given us. Work—steady, untiring work—is the one certain remedy for all phases of grief, and Love, which is eternal, is the passport to the valley of peace wherein dwell the kindred souls which have gone before.

9. The Power of True Faith. Affirmation: *I-am-led-of-the-spirit*. When Paul made his appeal before King Agrippa, what less than an apostle's abiding faith could have moved the king to reply: "With but little persuasion thou wouldst fain make me a Christian." Every word spoken in the spirit has an occult meaning surcharged with power. That power is massed by the true apostle, perhaps, in the silent watches of the night, or it may fall upon one in the busy marts of the world. A merchant prince may be inspired to speak a word of kindness to one of his employes. That word may be the means of turning a doubting heart into the higher paths of life, and another soul is thereby saved. The Christ love was certainly back of that gentle word. So was this selfsame divine impulse back of Joan of Arc when she led forward her armed hosts. The merchant, by years of

patient discipline, perhaps, has learned the potency of an encouraging word. The maid of Orleans received her guidance from the still small voice from out the divine silence. Is there, then, a royal road to heaven? or is it not true that the most humble by-path often leads thereto in mysterious ways?

10. Divine Training. Affirmation: *I-control-my-thoughts, my-speech-and-my-actions.* When focusing the mind upon these daily subjects, how many realize with what magnificent forces they are dealing? How many of us reflect, that if the work were not for the whole world, but intended to benefit the few only, what a dynamic power for harm could be created? The Christ love was a universal love, the same in the highway as in the places of worship. Hence we ought all to bring our minds to one early, common understanding. Find, first, the true aim of our Brotherhood, which is Love. The Universal Church is to be founded upon love, pure and simple—that patient, undismayed love which in time surmounts the most difficult obstacles in life. Concentrate upon this all-important fact, then enter the inner temple of your being with complacent mien and an abiding faith. This done, you will begin to draw to you new friends, truer and more constant companions, and the light shining within will illumine your countenance with a new and surprising light. Yours is the same divine life that put healing into the hands of the mystics of old. Why not use your gifts in the same way to-day, even now at the present moment?

11. Thought Photography. Affirmation: *My-inner-vision pictures-only-that-which-is-real-and-perfect.* When we turn the eyes inward it is to focus upon the soul's retina a form worthy of expression. When this is found, the flashlight of circumstance must be forthcoming at the critical moment and the exposure made. The entire process throws a pic-

ture upon the sensitized plate previously made ready for it, and as the thought is steadily held becomes more and more thoroughly photographed upon the sub-conscious mind. With wonderful fidelity is every detail finally brought out, even to the tiniest shadow in the background. Here is a picture to be bequeathed to eternity for better or worse. If it be a holy one, sympathetic eyes will behold and respond with looks of reverence. If it be tinged with badness, the searching eye of the youth, perchance, catches it and the heat of passion at once enters his soul. The lover, more than the sage, involuntarily conjures up these photographic images and sends them adrift to tempt or elevate the maiden's heart. Upon the negative soul, not yet used to experience nor yet grown wise, these chance pictures fall indiscriminately. Who shall be responsible if they are not wholly true and deserving ones? Mind impressions are but pictures wrought by mental photography. Their suggestions may have been shapen ages ago, but were waiting for sympathetic affinities and a more distinct focusing of their forms ere they could be made fully manifest. One picture may be clothed in the red aura of anger, another in the pale blue of love and devotion. In either case it seeks expression and will find it only as we open the way by previous preparation. Considering the briefness of life, can we best afford to admit such mental images as retard, or those which make us better and wiser?

12. Cleanliness of Mind and Body. Affirmation: *My-spirit-is-clean. I-think-true-thoughts-only. My-body-is-pure-and-chaste.* Every act of our daily lives has a distinct parallel in the thought realm of the spirit. To say, "I will be clean in body," is to affirm, "My spirit is clean and therefore holy." When taking the daily bath the thought of absolute cleanliness should be engaged in, together with a mood of cheeriness and hope. The same when we take

food that is clean and nutritious. Knowing as we do that it is clean, the corresponding knowledge of the spirit gives it better assimilation and better building qualities. When the mind houses a thought that is unclean, there comes a parallel shadow across the spirit, and the soul becomes troubled and distrustful, for thought and soul is spirit in manifestation. These better methods of practice carried on constantly, gives an exterior beauty and sweetness to the face, graceful and deliberate movements to the body, and rest to the spirit. What an excellent habit of concentration can a person acquire who leads an ideal life of cleanliness! One's power, though of the quiet order, becomes that of the athlete, and the speaker's words are mellow and tempered with kindness and respect. Chaste thoughts, thought control and a thoroughly chaste life, by conserving the vibratory sex forces, at once improves the vibration and quality of the voice. We people the invisible realm with light or shadows constantly. These are the children of our bodies and spirit united. Ought they not to be clean and therefore godly?

13. Transmutation. Affirmation: *I-am-an-instrument-of-that-omnipotent-law-which-is-love. I-will-transmute-all-its-forces.* Force of character is indeed a spiritual inheritance. There exists the lower or grosser fibre, which may be called the external or personal self. The forcefulness of animal life manifests itself eagerly and impetuously. The spirit which has full control molds and guides these lower attributes which are very essential in the upbuilding of the human structure. When dominated over the beasts of prey become docile, and instincts of love for their keeper follows. By fixing the inner eye upon the ideal cosmic center, and holding it there steadily and with no eagerness for results, the transmutation of the lower to the higher becomes a daily process and pleasure. Passion, right enough in its place, can be transmuted into the higher vibrations of love,

evil into good, and hatred into tolerance. To-day let us give this important subject specific thought. Focus the mind carefully and note the change of motives which you can invoke even after a few honest attempts. When impulses come to speak unkind words, hold the lips firmly together until the moment of transmutation takes place. How easy, then, to speak with a spirit of kindness instead. A thought which carries a harsh vibration need not be spoken at all, but can be replaced by one of peace, which may be spoken with open eyes of good will and trustfulness.

14. The Living Present. Affirmation: *I-am-conscious-of-the-eternal-now*. One of the most difficult lessons to learn is to let go the past. Of the future we need know but little, but in the present there comes to us promise and fulfillment hourly. True, the past has been fertile with human progress. Every movement in the religious and moral world has been upward—and yet different. This is necessarily so during the various historic periods. And yet the past is past, and we cannot repeat it and grow. To grow is to so mass our forces that they will express more and more of that Infinite interior law from which they spring and for which we stand. We need not try to bring the past down to date and make it over. The material about us is limitless. It is only the lack of concentration of our inner forces that hinders us from grasping and making use of the vast resources which are ours by virtue of this power to obtain them. The seer's vision of what is yet to come to us may perhaps seem startling; yet it will be natural and commonplace when understood, because its essence is knowledge and truth. To prepare best for the future we need only to live the present with steady nerves, a discerning vision and willing hands. This makes it the living present, in no wise responsible for the dead past, which should be allowed to bury its dead.

15. Example as well as Precept. Affirmation: *I-am-master-of-my-forces-and-conditions. I-live-for-the-eternal.* Those who live the true life need but few precepts, rules or maxims to corroborate what they teach. One whose life is an example can leave the precepts lying on the shelves and yet not forget them, for his life is precept and principle combined. The child's mind is like a sensitized photographic plate. Its surroundings are transferred thereon daily and hourly. These little observers are quick of eye and mellow of heart. A teacher who is living the life puts love unconsciously into the little soul, and respect into the immature mind. Teachers of our philosophy frequently fail because of the life they are leading. We are all children, and sense truth as much as children do. Somehow the inconsistencies of teachers are among the first things one observes. We are implored to give up gossip, love our neighbors as ourselves, and so on down the long lists of old-time maxims, and yet we perhaps find said teacher listening with eager ears to this folly or that when off duty, almost the same as ordinary people do. He or she who lives the life need not wear a badge to proclaim it; it will advertise itself in such teacher's every word and gesture. The good thought uppermost on duty or off bodes success to us all, teachers and lay members alike.

16. The Prayerful Attitude. Affirmation: *I-am-that-Infinite-law-which-is-all. I-am-free; I-demand-that-which-is-mine.* Our lesson to-day is a most important one. That prayer is never answered has everywhere been the thought of the doubter, and for a reason. In the first place, the one who prays in doubt and ignorance perhaps *asks*, but does not *demand*. If you are a soldier in the army and the sutler cuts short your rations, you can with right demand your allowance forthwith. If you are a part of the Infinite—mark this: *a part*—is not your demand as legitimate as that of any

other part? When you supplicate you express the negative side and perhaps weaken your cause. To pray is to deal with occult forces. It should be done understandingly and scientifically. Man was not born a beggar. When we live in an attitude of conscious oneness with the Infinite, every breath we draw will be a prayer, every thought a means of getting nearer to the great supply. Yet the demand should be, not merely for some personal gratification or specific thing, but that the consummation of the great Law, as suited to your needs, shall go on unimpeded; in other words, you should deal with principles rather than with the specific things which your intellect may deem wise. A positive affirmation draws from the akasa something tangible, if no more than a wave of solace which sweeps over the soul; while to ask merely, even with an humble (and therefore negative) meekness of the saint, is liable to put the supply farther from you, as a result of the negative forces thus set up. The above truths are important ones for the Universal Church of Silent Demand. Its adherents do not seek merely the negative but rather the positive and scientific side of worship. The discarding of the special pleas to suit our finite wishes makes the efficacy of prayer altogether possible. Along with our steady, unruffled, cheerful polarization toward a worthy end, if the demand is spoken or thought at the opportune moment, an answer must surely come in some form. But when the personal self does the praying, and even shouts its words into the ears of God as if he were deaf or far away, the answer will be problemetical, of course. Constant prayer is best, which is put forth in the prayerful attitude which builds with reverence and sobriety. This attitude can best be maintained by an unceasing love for our fellow-creatures—a divine and impromptu love—which does not need to bow to or recognize religious creeds or dogmas of any sort.

17. The External Garb. Affirmation: *My-life-is-eternal. I-am-clothed-in-the-glow-of-perpetual-day.* A leading occultist has told us that a smile is contagious, and therefore helpful. What, then, of the garb of mourning worn by fashionable woman, who thus draw to themselves gloomy thoughts continually? While it is true that many of the adherents of the new school have put aside this queerly-conceived notion of respect for the departed, there are yet some who, having never given much thought to the subject, little dream of the harm they do themselves as well as those for whom they mourn by wearing a badge so sombre. "Thoughts are things," which easily penetrate the narrow veil between the visible and invisible. If you go dressed in black, you say to every passer-by, "I am separated from those I love by a hand that is mightier than mine. I am sad and disconsolate, and must remain so the length of time prescribed by society usage." Directly in return the passer-by joins you in your negative admission of the law, and then you have an added amount of gloom thrown about you. The next pedestrian you meet helps to treble the gloom, and as you follow on down the street other eyes stare at you with sympathetic tremors, until there gathers about you a perpetual cloud of depressing thought force, something like the soft-coal smoke which frequently envelopes a railroad train. Just over the border our loved ones are perhaps waiting for this period of castigation to end, for they, being then negative, are receptive to painful thought forces. It should be remembered that this transformation is not death, but life. Death exists only in the worn out thoughts we carry about us. Your sadness (which is self) makes them sad, and so they, too, become parties to the harmful usage which society has imposed upon you. If ever you needed cheerful thoughts from others and a cheerful attitude of mind, it is immediately after the loved one has

gone away. The inverse of this seems to have been the theory in the past.

18. Religion, not Authority. Affirmation: *I-draw-Truth direct-from-its-eternal-center-within-myself. I-am-not-dependent-upon-authority. I-and-the-Father-are-one.* The writer of this was once associated with a friend who was a very good man. So good was he that he had grown to discredit the general run of religious views, because of the tedium of formalities and restrictions which are imposed upon the churches. I was one day explaining to him that people born in his zodiacal sign were usually of a deeply religious turn of mind. A smile of incredulity at once crept over his face. In his estimation I had gone wide of the mark, for he had put himself down as a very irreligious man. "But," I protested, "do you know what is the true meaning of the term 'religious?'" I will tell you. It means among other things to be honest, or to be bound to the Truth. An honest man is said to be the noblest work of God, and the noblest man that walks the earth to-day must needs be a religious man, of course. The term 'religion' has no special or necessary relation to the term 'authority,' for there is no chosen standard for goodness except principle and Infinite law itself, nor never was." His smile at once became more tolerant, and if to-day he does not claim to be a Christian *per se*, it is because there is no one near to recognize that he is one. Authority is one thing, and true religion is another. If the Christ ever had an idea of establishing a creed, who can imagine what that creed would be like? The universe has many lights and shadows, climes and nations, large planets and small, and the cohesion of these does not depend upon racial belief or a fixed authority from any human source. The true Christian can well afford to be honest. "There is no religion higher than Truth." All else is but transient and from the standpoint of the eternal will die "like the flies of an hour."

19. The Spirit of Eating. Affirmation: *I-absorb-the-spirit-of-my-foods. I-eat-reposefully.* Nothing gives such relish to what we eat as a contented mind. Smiles and chatter about the table do much to aid digestion, but a strictly harmonious person can obtain strength from food with the keenest of relish. It depends a great deal upon who kneads the magnetism into that bread—mother's bread, for instance! Have you boys and girls eaten anything like it anywhere? Why? Because mother not only makes bread and pastry that tastes good, but she actually puts thoughts of love into it. Then when John and Lemuel get married their wives are told such marvelous stories about mother's cooking. What occult fact do we deduce therefrom? My dearly beloved and newly-married Benedicts, your mothers made no better bread than hundreds of other mothers. You imbibed of her love those golden days. Your doting parent responded to your needs with all the love that was in her generous soul, and whatever she touched received a loving benediction. When we are obliged to eat food prepared by a cook who is concealing bitter thoughts against her mistress, eat sparingly. Such food is hard to digest. You can abide sand-burrs in what you eat about as safely as you can the needles and pins of hate. Thus you see the law is ready to express itself in every avenue of life. The secret proneness to anger, the hidden plot to cheat, the stealthy deception, the underhanded scheme to outwit the inoffensive neighbor, all carry with themselves an occult message written in poison. Upon the sensitive heart the message is traced, and the pen spatters the poison to the other vitals. A semblance of disease at last appears, and rather than search for the first cause, the imprudent victim resorts to medicines and specifics to cure the trouble. No, the trouble began with the thought. The food, if it were not cooked under harmonious conditions, is never rightly or easily assimilated.

Dyspepsia is a common ailment among unhappy people, while health is the rule among people who laugh and think kind thoughts at meal time and between meals.

20. The Sense of Separateness. Affirmation: *I-am-one-with-the-eternal. I-attract-good-only.* The human race separates itself from the desirable things of life in ways almost without number. The love of sense excitement, when followed to excess, separates the man from a realization of his better soul qualities, from "that peace which passeth all understanding." For example, we will say a circumstance which is provocative of laughter comes unexpectedly about, and like children we try our best to reproduce its vibratory sensation. But we find its savor is lost, and somehow the whole thing seems insipid and out of harmony. On the other hand, had we let the incident pass without trying to repeat it, the circumstance would have filled its just place and none other. Then, with open heart and eyes we would be the better prepared for the next thing in order, the next circumstance which must come about and pass on naturally to be properly appreciated. When the habit of drink is humored for the sensation it produces, how far it tends to remove man from his divine inheritance! The illusion is brief, poisonous, and leaves the soul steeped in bitterness, and only a more frequent indulgence in the libation will allay the gnawing thirst. A love of entertainment, as if the hours of rest and meditation were to be overlooked entirely, is a common fault of the longing soul. Hungry is that soul indeed, but knowing no other way it unceasingly searches for every sensation within its reach, till the spirit cries out in despair, and the hard lines written on the face depicts the truth of what is going on at the seat of life. Then the earth is roamed over for a remedy to restore the wasted parts. In some extreme moment, perhaps, a gleam of the true light is let in upon that fellow-creature—another, then

another—the heart begins at last to feel the warmth of divine love, and the remedy is found, not in the far-away Himalayas, but in the very soul center, where all light and life is generated in fact. Then the feeling of separateness wears away, and in time a soul is saved through a knowledge of the interior source of its life and without the sacrifice called death.

21. Harmony' is Universal. Affirmation: *I-rest-in-the-peace-and-harmony-of-universal-Truth.* Meditation upon this subject is both sustaining and educational. However rugged may have been your past life, is it not true that there is a vein of harmony running through it? if such and such a thing had not transpired, could you have attained to certain desired ends? Or, what, indeed, would you take for the wisdom gained in that one difficulty of life which perhaps cost you many hours of pain and unrest? Would you have been able to teach, to feel for others, to know what real life is had you missed that one experience? We should strive to gain a lesson from every experience, for with this attitude, no matter how bitter the experience, it will become a stepping-stone to something higher. As in our small lives there is harmony, so there is harmony throughout all creation. Astronomers can calculate the exact movements of the stars for any number of years in advance. Must it not be supposed, then, that all life, which is vibration, has a central keynote of harmony? Are we not parts of this one universal system? If all is harmony, why this struggle to outdo our fellows, this excessive effort to be famous, to be rich, or to sail in ships of splendor? Had we the one faculty of desiring only that which belongs to us by divine right, how soon would the church of fellowship be realized. Our demands would be largely silent, and therefore just; unselfish, and therefore without conflict with the rest of the human family. The Universal Church must be built in harmony

and in keeping with this Law, since it is self-evident that harmony is universal, nothing is to be feared from any source.

22. Vibratory Centers. Affirmation: *I-am-the-Infinite-law-made-manifest-through-vibration. My-soul-consciousness-is-polarized-to-that-unchangeable-law.* In the great arcana of Nature there exists a set of sensory nerves and force centers, corresponding with those of the human system. Every nerve related thereto has its use. Each planet, like the molecule in the circulatory organ, draws to itself, and gives out certain life-imparting qualities. To unbalance any portion of this exact and universal process, means an inharmony to the whole. The question arises, Can manifestation go on without the element of seeming inharmony? Is this not the needed friction of Discipline, under whose guardianship all nature is striving to attain an equilibrium and manifest its potencies? If so, even the inconsistencies of a body politic, a creed, a faith or dogma of any kind is but the workings of the law after all, the leaven in the bread which is eaten at the passover. And yet, is it not also an edict of manifestation that said inharmonious relationships shall be reconciled in time and ultimate harmony at last restored? Let us concentrate upon this thought to-day and each of us draw our own conclusions. We are in fact only self-taught after all. That which does not prove true does not stay by us. That which is truth and truth to us, no man can deprive us of by force of will or otherwise. Truth is a pleasant vibratory influence which pervades our organism like a lotion of love. Let us polarize, then, upon the thought of universal harmony; let us fix it in the sub-conscious memory ready for future emergencies.

23. Science and Thought. Affirmation: *My-will-is-in-harmony-with-Infinite-law. Its-boundless-resources-are-at-my command.* It was recently the privilege of the writer to wit-

ness an instance of wireless telegraphy. There was assembled in a large auditorium a good-sized audience, and the exhibitor in charge, with instruments and batteries, sent a message over the heads of the people to the farther side of the room. No wires were used nor was there any sound emitted from the transmitter to produce vibration. How does this most significant performance border upon the promised uses of occultism! We were told by the scientific gentleman that the long sought discovery had positively been made, but that, like the first uses of the telephone, it is yet a question of distances. That when we are able to successfully focus and send in a straight-away direction the force needed to transmit the message across the room, which, because of the lack of sufficient discovery, was greatly diffused, the invention would be quickly made of commercial use. Do you ask how these discoveries are made? By constant, untiring concentration and subtle forethought. No class of people more than inventors need to learn the ins and outs of occultism. Their duty is to make the material subservient to the now unseen forces, by that species of evolution and involution which genius alone is capable of. It is now indeed logical to predict that the sending of thought messages will yet become a daily custom—aye, even more; the veil between the seen and the unseen worlds will yet be torn aside, and all being spiritually one, will be commonly understood.

24. The Power of Silence. Affirmation; *In-the-breathless stillness—there-is-a-holiness—which-is-beyond-words.* It is a well-attested fact that just after the crash comes in a railway disaster, there is a single instant of awful silence. Imagine if you will the tenseness of the vibrations crowded into that supreme moment. Consternation, pain, agony of mind—and yet not a cry is heard. A mighty power is generated during that one moment of suspense, a power made mighty

by the simultaneous thoughts of every victim. Every mind hurls it one terrible thought into space at once, and could the intensity of these thoughts thus corraled be measured, the savants of science would stand appalled. When the first shock is past, and the cries of the wounded fill the air, only a minority of that thought intensity remains. The confusion is great, but the power that has been so suddenly generated is almost wholly dissipated. Cannot a modification of this thought action be made to apply to everyday life? For, silence is a wonderful weapon against an antagonist. Rivet a calm eye upon the tigress, and speak not a word, and she crouches before you in fear. An opponent who attempts to belabor you with abuse is baffled by your measure of silence. Here we have an occult law which can be made use of almost hourly. To reply to a remark with a smile and a tilt of the shoulders will sometimes quiet a controversy. Argument is not often indulged in by the wise occultist. Is it not his vested power of silence and that which goes with it that is apt to make him master? Not argue, do you say? Certainly; who of the human family ever surrenders and owns up to defeat? If you do not debate the question there is a tolerable good chance that, if you are in the right, your dissenter will next week be advocating your opinions exactly. Had you opposed him in words he would have clung to his ideas for tradition's sake, if for nothing more. Thus is silence golden, indeed, and is sometimes a remedy for a much-overheated brain fermentation.

25. Personal Presence. Affirmation: *I-am-conscious-of-my-soul's-overshadowing-presence. My-every-act-springs-from-my-higher-self.* We come into the presence of one individual and are moved to talk with him fluently; in the presence of another we are perhaps tongue-tied and restive. Why is this? It is because of their peculiar gifts of soul-presence,

which have a harmonious or inharmonious blending with our own. The psychological effect of one person upon another is an interesting study. We could cite a case of a man whose acquirement of soul presence is so marked and peculiar that nearly every person with whom he comes in contact feels it. It is certainly not owing to personal egotism or aggressiveness, for he has a retiring and unassuming disposition. But clerks fumble and make mistakes while waiting upon him, and frequently give him too much change, necessitating repeated corrections. So many times have these things occurred that he has been obliged to put on an air of indifference to counteract the difficulty. Were the clerks versed in the law of magnetic contact they would not be thus affected. This is what occultism aims to teach. Such knowledge (which is power) would at once relieve the clerk and give him an easy freedom of mind and of movements. The man referred to carries an element of force which would stand him well in hand during an emergency; the flustered servant feels but does not understand it. The successful clerk should have a well-balanced hand and mind, and his employer, even, may perhaps be at a loss to understand why his sales exceed those of other clerks. We call this unseen master Individuality—a psycho-mental acquirement that, being of the Infinite, is capable of unlimited growth.

26. The Value of Truth. Affirmation: *Infinite-Truth-is-the-law-of-my-Spirit; -it-is-therefore-absolute.* It is most important to know that the vibrations which surround a truthful word or thought are always those of harmony. To speak an untruth is like sounding two discordant notes of music at once. However smooth the tongue may be, however gifted with ingenious word-methods, a lie has no backing, but an indifferent effect upon those who hear it. Even though it be an honest conviction of the speaker, if it is not

truth according to universal law, it soon fades from our memory quite. So with a play upon the stage. Even though a work of fiction, if it has plenty of true human nature running through it, we remember it and cherish the memory always. But if the drama is false in its conceptions, and a made-up fabric of seemingly logical things merely, it goes from us, no matter how able are the actors who present it. It is this that tempts the refined mind to patronize the best dramas of the day. Instead of truth being the "best policy," it is the best investment in the long run they can make of their money. A story, though filled with fictitious characters and events, may be as truthful—even more truthful than the most authentic history. It is because there exists in the author's make-up an affinity for truth, and he attracts many lovers of truth to him. Music has this same sentiment of harmony running through it, and builds elevating thoughts into the hearers' lives according to the degree of truth which the composer invoked who wrote it. There is a spiritual force in Truth which the untruth can never personate.

27. Overcoming Prejudice. Affirmation: *My-heart-is-warm-with-the-spirit-of-eternal-love. I-think-only-that-which-is-wise-and-just-and-true.* Time will overcome all prejudice, if it be not of the egotistical kind. Youth loves to assert its vigorous self, and find flaws in the beliefs of others. The gray-haired sage listens to the strongly-asserted opinions of the youth, and smiles inwardly. He has discovered that the boy's self-esteem is little more than a matter of puberty; that however dogmatic a religion, however unalterable the opinions of a people, fond "hearts that beat as one" are ever to be found among them. He has discovered that God sanctions the religion of any people who have love in their hearts and courage to live their lives according to the dictates of conscience. Add a few years to the youth's

age, and he softens toward those with whom he has differed. A few years more, and his prejudice is found to be crumbling away, for, after all, there is no religion or community of souls that has no good in it. Not an egotist at heart, that young man grows at last to have kindly thoughts for those whose ways and beliefs he has formerly criticized. Could we all cast prejudice aside and substitute love in its place, it would be sooner discovered that the human race does not differ so much in the essentials, but in its many-sided conceptions of right.

28. A Secret of Wisdom. Affirmation: *I-aspire-to-the-highest-and-best-attainments. I-am-just-to-all.* To-day let us reflect upon the desirability of wisdom. There are few secrets more valuable than to know that when we give forth one thought, two will arrive to take its place. To keep a grain of knowledge pent up and away from those who hunger, is to impoverish the soul. By teaching we grow wise. The most humble among us can evolve some thought, and possessing that thought by dint of untiring concentration, can impart it to others who can add their mite to it and thus give it further impetus and expression. The bookworm gloats over dead men's thoughts and dares not evolve one of his own. What, then, of an entire Brotherhood whose members are evolving and interchanging thoughts daily and hourly, not for themselves alone, but for all mankind? Put forth your thought, if only in the silence, for there is ever a receptive mind waiting to receive it. This is the secret of profound wisdom.

29. Our Two Lives. Affirmation: *Infinite-powers-are-within-me. I-now-develop-them-through-realization.* Living as we do constantly in the world of sense and in the spiritual world, how vast are our resources for enlightenment! The inner illumination is the wisdom we get from a contact with the higher self as well as that which we find about us.

When we see or hear, we weigh, compare, and assimilate that which is good and elevating. The sum total of our wisdom partakes largely of the quality of our surroundings, and, we might say, our surroundings being but magnetisms, are more or less affected by the quality of our wisdom, spoken to others perhaps only in the silence. Then is life not well worth living? Heaven here and now, and rebirth daily and hourly.

30. A Review. Affirmation: *I-now-assimilate-the-essence-and-spirit-of-all-these-daily-meditations.* Now at the close of this number, it may be well to go over what has been given, in casual review. Note, if you will, what effect it has had upon your inner life. Has it inspired you to a single act more benign, or a thought more consecrated? If so, give silent thanks to the God within yourself.

31. The Love-Coin. Affirmation: *I-am-the-law-of-love. I-express-true-love-in-my-every-act.*

Pass it along, it is simon pure—
 'Twere mined in the realm of song.
 A talisman rare is this coin so fair;—
 Delay not, but pass it along!
 In the maiden's glance, in the mother's prayer,
 In the beggar's thanks, as well
 This love-coin lurks, and what good it works
 To those who have love to sell!

No counterfeit here, nor beggarly stamp
 To give it a current seeming—
 The token is thine, or his, or mine,
 Be we either awake or dreaming.
 First coined when Jehovah's breath went forth,
 When the cycle of time began—
 This love-coin came without weight or name
 And endured till the age of man;

And then, forsooth ! by the earthy hand
It were fondled as if 'twere new :
'Tis fondled to-day in the selfsame way
For its purity through and through.
Then pass it along, it is simon pure—
'Twere mined in the realm of song.
A talisman rare is this coin most fair ;
Then for Love's sake pass it along !

ALWYN M. THURBER.

[NOTE.—Mr. Loomis' duties in connection with this work have become so pressing, that he finds it necessary to decline consultations by letter or in person, except through the degrees of the Brotherhood, whereby he can base his advice upon scientific principles and the requisite data. To do otherwise involves not only the time but a responsibility which he is unwilling to incur.]

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Daily Subjects and Drills for the Universal Church of Silent Demand.

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I. Home. Let us use together the syllable OM as a means of acquiring occult power. This syllable and its sounds as you perhaps know, carries with it a wonderful vibratory influence, and we suggest that it be used to-day in connection with the breathing, both in exhaling and inhaling. Its meaning is the All, the Omnipotent, and whenever we inhale let us think of awakening and obtaining through the medium of breath the all of force which springs from the omnipotent law of our lives which is within ourselves. Then when we exhale let us also silently pronounce this syllable, and thus infuse its onnipotence into every relation of our lives. Let us in thought image our breath as going entirely around the globe, acting as the carrying power for those laws and thought-energies. When we inhale let the breath also act as a carrying medium to attract all that is needful in our lives. This simple practice is suggestive of the way we can use our occult forces in the attainment of all just objects. Let us beware how we attempt to invoke these powers for other purposes than for good. The cross currents thus engendered would be dangerous and self-destructive. The Occult Science Library is devoted almost exclusively to teaching these laws and how one's powers may be safely invoked. We should first demand wisdom and qualities rather than things, and should particullary

study the principles and laws of occult force, so that we will not ignorantly play with the fire. It would be well in this connection to re-read essay on "The Power of Integrity," also the one entitled "Methods of Using Occult Powers."

2. Home. Let us again silently use the word "home" or the syllable OM, in connection with our breathings and meditations to-day. The external home or place where we live is of course important, but still more important is the interior home of the soul which is an Infinite and Omnipotent law within ourselves. This is the home to be kept in thought while silently pronouncing the syllable OM, both in exhaling and inhaling. Let us image this home as the ultimate of our daily experiences, the more sacred at this time for coming to us on a day of rest. We should bear in mind that the purpose of these noonday meditations is to put us each more thoroughly in touch with the higher self, and that to carry the thought to the real interior home of the soul is to accomplish this result. This done, we can safely use our acquired powers in every act and hour of our lives. During this period of concentration, it is best to so mold our life purposes that they will put forth such creative forces as will attract true success. First of all we should aim to preserve that unbroken silence which finally enables us to become conscious of the overshadowing presence of the soul, and which is typified by the word OM, above given.

3. Home. Some have wondered why the song "Home, Sweet Home" has had such a lasting and increasing popularity. To the occultist that fact does not seem at all strange, because he is aware of the vibratory forces which are contained in its words and melody. First of all is the electric word "home," which includes the syllable OM, and the vibratory emanations of that for which the home should stand, viz, Love. To-day let us silently use some of the words and melody of this song in our meditations. We will

each be led to those words which best answer our individual needs, and above all things let us not forget that interior and all-important home of the soul which it is our sacred privilege now to enter. When we have entered it we can send on the wings of thought its creative forces of love as a potent means of harmonizing the conditions in our external homes, or in the lives of those whom we may desire to help. Love is a chord to which the human heart will always respond, however feebly.

4. Silence. It may be well upon this date to give some thought to the important subject of vibration. All life, or manifestation, is vibratory, and therefore vibration is universal. When the period of absolute silence is reached there will be no vibration, for the ego and all mundane life will have returned to its eternal dwelling place before vibration began. Yet we have in this life of ours a comparative silence, which we can invoke while dwelling in the interior home. This may be termed "Silent thought," or thought-revery into which words need not enter. It is a breathing and inbreathing of soul qualities which can be acquired only in the silence. Not that it is necessary to seek absolute solitude. The adept can withdraw within himself amid noise and confusion, and successfully commune with his higher self. Nature affords us some notable examples. There is the period of rest, or winter, in plant life; daylight and darkness, giving us the hours of sleep. Days in our lives when our activity of self is lacking, just before there comes to us a period of awakening. Silence to us is the medium through which we are to obtain our highest spiritual knowledge. Hence it is not what teacher we may have, but the quality of silence we invoke, that brings us wisdom. Let the effort to-day be silent—absolutely silent. Let us still the senses and thereby seek that power which comes through repose. Re-read the essay "Useful Occult Practices."

+ **5. The Silent Act.** Suppose for the twenty-four hours to come the readers of this were to observe, among their everyday associates, which act is most potent—the one that is done with few or no words, or the one which the doer performs with many words. It is an interesting study of people. There are those who have plans—unspoken ones—but they seldom voice them to others. The first we know an act is done, and usually well done, because the vitality the doer wastes telling of his plans beforehand, is reserved for the act itself. Were the writer of a story to unfold his plans fully to another mind, some of the savor of the book would be lost. Only the occult student knows how much of his strength is parted with by habitually narrating to others what he “is going to do.” By the time he gets to it, at least one-half of the utility of his plan is vitiated, and the chances are that the act is never performed at all. The above is only another way of advising a more strict economy of our forces, that we may further our desired spiritual welfare. Much is lost by an overuse of words. Observe closely this fact for a day or even a week, and it may fall to your lot to make an important discovery, one which you can put to a profitable use. Let the thought for to-day’s meditations be, “*That-silence-which-is-golden.*”

6. The Omitted Word. It is quite in line with our foregoing subject, to offer a word on the use and misuse of the mere pronoun “I.” One of the first lessons given out by occult teachers, is to set the student to watching himself to see how often he uses it in his daily conversation. It is rather startling what a discovery can be made. Let us try it for a brief time, at least. It is not to be supposed that the one-lettered word can or should be dispensed with entirely, but a too frequent use of it is an indication of seeming egotism. Many very good people are egotistical. Also in this line are certain phrases we use from habit. Some of

them are even productive of bodily or mental difficulties. You say, for example, "I can't see how that is;" "I don't see it that way; or, "I don't see what has become of my spectacles." These innocent affirmations of "don't see" or "can't see" will in time impair the eyesight. It is a very deserving feature of soul culture to gradually lay aside these queerly constructed and negative phrases, which have not the directly affirmative qualities of speech within them. Let the silent thought for to-day be, *I-AM*.

7. The Prayerful Silence. In our zeal to do, and be, and to overcome obstacles, there comes into each of our lives certain moments filled with what might be termed, a prayerful silence—a silence when hope seems to falter, the clouds to gather, and our hearts beat with deep expectancy. Into our meditations to-day we can invite much of this element of harmony better known to some as faith consciousness, or an expectancy that only the best will come to us. Hold if you will this thought of perfect oneness, and breathe into the silence the prayerfulness of absolute faith. When fear knocks at your door, disregard the summons, and command all negative visitants to depart. This is a drill which is fruitful of much strength if followed out either during the day or nighttime. An attitude like this will outpicture itself in our daily lives, and will serve to heal and encourage those around us. It is the theory of thought associations carried into practice, which in time becomes voluntary, as if from habit. This in turn is taken up by those around you, and thus the element of harmony becomes habit, and the home is made more secure from the unwelcome thought forces and conditions. Hold the thought, *I-am-led-of-the-Spirit*.

8. The Silence of Loneliness. It may be well before we leave the subject of Silence, to devote a thought or two upon the experiences many of us have passed through after a loved one has been born into the higher life. A wife and

if you will, to hold your mind fixed upon one thing one minute. No other thought must for that minute enter your consciousness. When you can successfully do this, you can scarcely estimate the value it will be to you. Very few persons as yet have accomplished the feat. But it can be done and is done by those who have followed up thought concentration daily. The wonderful mechanism of the mind and its effect upon the body can thus be tested as in few other ways. Try it.

12. Thought Renewal. A thought that is out-of-date; or, a thought once current and suited to the days gone by, and not to this, and which has been worn threadbare by over-reiteration, is as much to be deplored as any other symptom of mental despepsia. There are those people well along in years who can quote the ancient writers glibly, but who seem to forget that writers so much as exist to-day. They forget that most thoughts in current literature, as well as our pulpit thoughts, are best intended for the day in which they are put forth. It is true that there are classics, some of them far in advance of their day, like the truisms of Emerson or Marcus Aurelius, which have enough of thought renewal in them to last for ages. This is because they are born of the spirit, and contain eternal truths which only the sage or occultist is able to evolve. But what is to be deplored is the reiteration of old-time sentiment and theologies not adapted to our present needs, and which is frequently insisted upon by scholars and orators who have grown old in their cherished memories of the past. Coming together to-day, is it not possible, even during the noon hour, to so center ourselves that we can entertain some truly live and current thought, that, being of the present, and for the present, will find live, receptive minds somewhere ready to receive it? It is best to put the conscious self into a reposeful, harmonious state, and try to demonstrate, in-

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mother, perhaps, is absent, and the silence in the home speaks volumes to the husband as he enters and greets not her loving face and cheery words. Yet with a knowledge that true love knows no separateness, the message he catches in the wordless silence is one of sacred, yes, heavenly import. The world calls it a period of grief, but the awakened husband and father feels and knows that it is only the uses to which a higher love can be put to teach a simple lesson, made necessary by the ever-recurring law of change. Of this silence it can be said that there is none other like it. Some of those who read this have entered the deep, yet sacred presence, and though tears come to the eyes and a pang of loneliness to the heart, the great Watcher of the night bids one look up and catch the glimmer of hope which comes tremblingly through the lattice, telling of the coming day. When we truly know that no separation has in fact taken place, the silence is made even holier. If we grieve and refuse to be comforted, the silence becomes oppressive and filled with disquieting shadows. Who of us during the next few hours will be the first to drop a word of cheer to the loved one who is in trouble? For such we can at least send out encouraging thoughts during the noon-hour meditation, and thus help create an atmosphere of kindly help for those who need it. But,

Think not with sadness, for the day will bring
The olive branch beneath the plumaged wing.
Love is the passport, faith the robes of white;
Thoughts fondly centered travel day and night.

Meditate to-day upon the thought of that oneness with the Father (within) which knows no separation from all his works, and which is always able in time to bring on the wings of co-operative thought those true companionships which best satisfy the soul.

9. The Silent Worship. There is a certain sense of sacredness to the Sabbath which is felt by the many, but understood by the few. The shop whistles are still, the world is at rest, and the thought atmosphere is more quiet than on any other day of the week. There sweeps into the gifted soul an influx of things spiritual, because of the universal cessation of the great wheels of trade and competition, and because of the thousands of uplifting thoughts which are being told forth from pulpits and rostrums, as well as those which come to the awakened spirits in every clime. The home building done on the Sabbath sometimes outweighs all the home building of the week. Why should not the capable occultist go into his temple daily and invoke to some extent this same sacred inheritance of spiritual capital? It can assuredly be done on a day of rest, with signal effect. Suppose we keep in mind the following words of Emerson: "I the imperfect adore my own perfect."

10. Thought. What we have given thus far this month has been in line with the vibratory and far-reaching significance of the name, "Home Silent Thought Brotherhood." We have briefly considered the terms "Home" and "Silence." Now let us assume that the word "Thought," as indicative of the product of the mind, is logically a necessary factor in the home, and during all silent meditations. Thought steadily held, carefully guarded from impure features, and therefore of a high spiritual order, is the power made manifest. Did we not know its potency, we would not have the patience to so persistently advise co-operation, or to expect favorable results therefrom. Of the many who are to-day meditating upon this all-important subject, only those will get direct benefits who have been previously prepared by habitual, daily focusing of the mental activities. As we attempt to compass the magnitude of the results attainable by, say, ten

thousand people thinking upon the same thoughts at the same time, let us not overlook the fact that the results are not for the moment only, but that a thought once held, and sincerely held for a certain number of minutes, fits the thinker to grasp that thought again at some future time and use it with added power, because it has been thus photographed clearly upon the subjective mind. We read of literary men jotting down their thoughts here and there lest they forget and lose them. The occult student does not often do this. Thoughts come to him and they pass in pleasing review through his mind. He does not snatch at them, to hold them, but rests in the abiding assurance that when he needs them they will be ready for instant use. In fact, all thought impressions are not expected to be used instantly, but are to be put away in the mental storehouse by a method of daily habit, for future use. This is a very important lesson, and will bear much earnest consideration. To polarize our forces successfully to-day, let us use the words, *I-am-the-center-of-omnipotent-thought*.

II. Thought Economy, like word economy, is always desirable. Mind reading is becoming so common nowadays, that it is being noticed everywhere, and is practiced, sometimes unconsciously and harmfully, by the many. There are times when it is best to keep a thought as our very own. It may be a secret we wish to keep. If so, keep the hands closed. We give off from the ends of our fingers many a message we ought at times to keep. A hand constantly open is easily read; the same with an open mind. True, a constantly closed hand, or, we might say, a clinched fist, denotes a miserly person, who keeps not only his thoughts to himself, but his money as well. The lesson we wish to impart to-day is that of legitimate thought economy. Our thoughts which run at random or are allowed to crowd in one upon the other in confusion, are wasteful. Try to-day,

wardly, the fact that thought renewal is but the evidence of the sumptuous love of the soul finding a happy mental balance. Hold the thought, *I-constantly-receive-new-thought and-new-life.*

13. **Thought Association.** There is a species of thought association which the oculist, above most intellectual thinkers, can observe with considerable profit. To find what plane you are on, do this: observe the kind of people who affect you most. Are you easily moved in your sympathies and loves by those who live purely for the world—for worldly effect or for worldly recognition? or are you most affected by those who live deeply conscientious and moral, and therefore spiritual lives? If by the former, you are on the material plane; if by the latter, you are inclined to things spiritual and beneficent. A very good test is this for those who do not quite know where they stand. Some very good people do love to eagerly scan the gossipy columns of the papers in search of scandals and sensations, while another class take up their papers and read them through and will not catch more than a headline or two of these questionable subjects. The thought associations of some people bring unrest, of others, peace of soul. Let us to-day spend a few minutes in self-searching. It is not a very difficult question to decide, for you are pretty apt to belong to one class or the other. Perhaps you can in some way discover why you are not altogether happy, or why you are happy while others are despondent. By thinking a certain class of thoughts you attract like thought from others, but you can oftentimes let them tangle you up in a web of difficulties before you are aware of it. After you have discovered what plane of being you are on, and have decided which is best, will it not be wise to observe that best when you choose your future thought associations? Let the spirit within ask of you, "*Where-art-thou?*"

14. Fineness of Quality. As the sparkling diamonds, hid away in the bosom of mother earth, can be likened to the tears of love dropped by the Infinite during the great day of creation, so can the gems of thought which are hidden here and there in the unknown be said to glitter even in their solitude, only awaiting the faith-loving hand of him or her who cares to seek the inner life to find them. Is it not possible for us to-day to so fathom the ocean of love and bountiful thought, that amid the dross we may discover the watery gem and hold it up to view, so that it will glisten in the perfect sunlight of manifestation? Turn the eyes inward, and wait. Concentrate your mind forces with restful absorption upon the Infinite love which has placed these gems of priceless worth all about us. Command that which is best and rarest, and you will somehow be led to uncover the sparkling treasure, purposely hidden, and therefore all the more precious. Let the word for the noon hour meditation be: "*Love-is-the-fulfilling-of-the-law.*" *I-am-the-law-of-Love.*

15. Healing Thoughts. Thoughts that can and do heal are many times wordless, and partake of those soul qualities which move strong hearts to deeds of love. If to-day we would be healed, we must blend as harmoniously as possible with our surroundings. Discord disturbs, while harmony tends to arrange our polarizations in parallel order, so that the vibrations become attuned to a correct musical scale. Thoughts that heal are of two kinds, those which are projected, and those which are receptive. If we are the ones to receive, instead of expecting that another person can heal us, we should take that person's thought offerings as suggestions merely, and then make use of them interiorly. That is, we should formulate in our own thoughts the expectation that all that is ours will come to us, not from outer, visible sources, nor from the mind of another, but from the

one great Infinite supply within ourselves. When in this way we shall open our ears and hearts to sermons and addresses, and consider them not as direct messages from above, but as suggestions to awaken the forces and latent knowledge within us, it will result in better interior lives. They will not only heal us, but become strength to us after we are healed. Out from the depths sparkles the real fountain of life, while the surface waters are often tainted with many personal magnetisms. For those who are to be healed to-day, let us hold the thought of assurance that of health there is an abundance for all. That the laws of healing are fixed, unalterable, perfect and permanent, and therefore their forces are ever ready to be administered to those who need them. Healing thoughts are born of the spirit, and are full of silent, undemonstrative emotion. Hold in prayerful repose this sentence: *I-am-that-perfect-vibratory-law-which-is-all,-and-within-all-here-and-everywhere,-now-and-forever. I-am-now-conscious-of-its-holy-presence.*

16. Thoughts of Reverence. Even the coarsest type of mankind will at times evince a reverence for the gray-haired sage, and men will do and dare in the presence of woman, and revere her name with kindly and patriotic thoughts and words. The dumb brute's reverence for his master is none the less marked. In the human heart there are traits which bid us believe that all is not bad, but that good exists in everybody. The peaceful soul reveres his Sabbath, and the churchgoer his privileges of worship. The countryman has thoughts of reverence for his national emblems, and the soldier reveres and obeys his commander without a murmur. In brief, we find the reverential thought about us everywhere. To-day the calm of the Sabbath ought to add something to our store of reverence. Would it not be well to look inwardly as we inhale and exhale the evenly-tempered atmosphere of love, and yet stand erect in

spirit, and recall to mind some one or more thoughts of reverence that will add, if only in the slightest degree, a finer quality to our inner beings. Remember that the day of rest is also a day of spiritual activity. We can grow then as on no other day. Let us concentrate upon the affirmation: *I-will-love-my-God (the interior law of my life—my higher self) with-all-my-heart-and-mind-and soul-and strength.*

17. The Unwelcome Thought. This is a truly proper term to use for the thought which intrudes. Unwelcome because it produces unpleasant vibrations, and because it overshadows our better and more productive thoughts. We have met with some experience, and for a time the result therefrom hangs about us like an ever-present trouble. If, perchance, we forget it during some momentary entertainment, when it returns it seems to have doubled in its severity, and we wonder how we could have forgotten it at all. Here is a lesson most instructive. We do not banish the sombre thought because of the self. Our sense-self demands continual indulgence, and our sorrows, like our joys, find places uppermost in our consciousness for the time being. One of the best tests of our powers of concentration is to find to what extent we can banish the unwelcome thought. If we can do this for three minutes at a time, and can supplant it with a life-building thought, we are growing spiritually. The person who meets the shock of personal loss, and has a store of withstanding qualities left, is the master always. But when the experience outweighs and overshadows one's supply of holding power, the result is often lamentable. A thought that lowers our standards of right is truly an unwelcome one. To-day let the entire Brotherhood unite in a trial to banish some unwelcome thought. Think reposefully, and do not exert the mere will in a personal way, but call upon the higher aiding powers to enter and illuminate the inner being. This accomplished, there

will be an immediate effect upon your exterior, visible self, as well as upon your surroundings. Concentrate upon the words: *I-control-my-thoughts*.

18. Thought Habit. Thoughts that renew or destroy our bodies must indeed be vital ones. But observe if you will the effects everywhere of the thought habit. You will be able with very little study to read the quality of thought of every person you meet. If the thoughts be of fear or of lowly things, certain angular lines show upon the skin, an unsteady, apprehensive look is in the eyes, and there are uncertain and hesitating movements about the body. If the thoughts be lofty ones, honorable, and filled with charity, sobriety and reverence, you discover a winsome something on the person's face that attracts you and bids you look again. A heart that is set to palpitating at every noise or happening, will soon outpicture upon its owner's countenance many traces of suffering. The object of these daily lessons and drills is largely to bring about improved thought habits. A person cannot engage in metaphysical thinking without changing in some degree his thought polarizations. Change implies a better or worse condition. Can we not, for the next twenty-four hours so mold our thoughts that we will at least notice some slight improvement in ourselves? Do not expect to get your thoughts wholly from others, but try and evolve the best of them from within, as your own individual capital. In keeping with your worthiest effort, your body and brain forces will soon begin to respond favorably, and the habit continued, health and peace of soul are assured beyond a shadow of doubt. During the hour of meditation, fix the mind intently upon some one thought that is renewing. Hold to it silently, and do not attempt to impart it to others. The thought, "*I-am-divine-and-at-one-with-the-eternal-law*," is a very helpful one. Others you may suggest yourself, however, may be fully as good.

19. Thought Methods. If one's methods of thinking lacks system, or continuity, or the quality of order in any way, the results obtained are far from satisfactory. Some of our most successful story-writers rely almost wholly upon a certain subconscious thought method which is sometimes startling in quality and far-seeing effect. For example, if the writer of a story has such implicit faith in the great supply of ideas, that he can go to bed at night knowing, from habit, that the next succeeding events in his story will come to him in the early morning, they will come with scarcely a variation as to the hour, and there will somehow be in his work a smooth and most methodical run of events and character blending which the mechanical thinker can not easily produce. In other words, writing that is inspired needs comparatively little outward thought. Somewhere exists that inner thought action which never sleeps, and which if we do not worry, will provide us with ideas and promote results in the visible realm to a surprising extent. But it takes a faith only acquired by earnest souls—souls which live much above the mere material things of life. A person whose life is consecrated to a chosen work thinks a sort of faith-thought not couched in words and sometimes wholly imperceptible to the outer senses. This can be acquired in all daily thinking which requires system to produce results. There can be no better drill during to-day's noon hour than for each of us to seek to find and make use of this subconscious mode of thought. Do not sit with the expectation that your thought is influenced by contact with other minds, but that it comes from the great Supply direct. Affirm, with frequent repetitions, the sentence: *My-thought-comes-to-me-in-the-perfect-order-of-that-interior-law-from-which-it-springs.*

20. Thought Moods. In business life we find traces of negative thought moods almost if not quite as much as in

social life. A merchant opens a letter during such a mood, and tosses it lightly aside; whereas, had he been in a different mood it might have received a more fitting and perhaps a more profitable treatment. It is surprising to learn to what extent people act during these momentary thought moods. It has become a part of the commercial salesman's tact to avoid the undesirable moods of his patrons. He knows that if the buyer is in a comfortable, pleasant mood it means large orders; a depressing mood, even though it be for the moment only, means small orders or none at all. Now, an important purpose of the occult student is to so become master of himself and his surroundings that unsuccessful moods, or the effects of such, do not enter into his dealings. It is rash and unprofitable to humor them. Could every business man or woman insist upon the privilege of a noon-hour rest and meditation—absolute rest and relaxation from all cares and worry—all such indifferent moods would soon disappear. During this noon hour more than the equivalent of the forces needed each day could be massed and held in store for any emergency. Thus one could have vital energy to spare when night comes, to induce sleep. Habit is quickly formed, and an hour or so set aside becomes in time an imperative necessity in the successful following of any pursuit. Let us to-day demonstrate this fact by holding the affirmation: *I-am-master-of-my moods-and-my-forces.*

21. Impressions—How to make use of them. An impression is the vibratory shadow of our own or another's thought cast before. We all get them, but are sometimes unable to find practical uses for them. Approached with a proposition from another, we somehow weigh that proposition at least to some extent, by the impressions we first receive. Sometimes we allow later impressions or self-desires to creep in and overrule us in deciding what to do.

It is a very good method to observe, when negotiating a deal, that if you feel any undue anxiety, it is an indication that the transaction is liable not to result favorably to you. If you feel restful, and if, after you have done your part, you nearly or quite forget it, you will frequently find the deal is very likely to culminate to your advantage. The reason for this is apparent. Right doing is an important means of inducing harmony. The vibratory law of causation is an established law. If it is best that we do a certain thing, and the law is conformed with, it will also be in harmony with our aims and highest motives. We frequently find it best not to follow up a trade that backs away from us. If it is best it should meet us half way with an open countenance. These may seem like very commonplace examples of daily living, but has the occult philosophy anything more deserving to offer than practical, everyday hints one can easily grasp and use? For to-day let us affirm: *I-am-the-Image-of-God-and-a-servant-of-the-law.*

22. Thought Enthusiasm, rightly directed and controlled, is a sure indication of a growing soul. When it is scattered and without the quality of moderation, it sometimes retards the truth-seeker's progress. We are so organized that when a little wisdom comes glimmering through our skies, we feel at once the thrill of delight, and we are prone to believe we have the whole aggregate of knowledge and religious inspiration. But wait. It is the after effect that tells the story. Too much enthusiasm sometimes leads us to catch at this and that teaching with hungry eagerness, and stay by it only as long as the novelty lasts. The trained occultist knows that the swelling and over-joyous heart must be curbed and not allowed to spend its vital energy in wasteful indulgence. Seek the balance between the two extremes, and remember that in the broadest sense all is day and that there is in fact no night. Affirm in meditation: *I-am-the-unchangeable-image-of-God.*

23. Brotherhood. Upon this day of rest let our efforts be to find in the silence and from within our own souls, the esoteric meanings of the word Brotherhood. To the extent that we thus perceive its esotericism will we awaken to some of the higher meanings and purposes of the Home Silent Thought Brotherhood. To what extent do we now perceive its esoteric purposes and thereby appreciate its force-massing helps? It is from within that we will find this force, the peace, the repose, the inspiration and the vibrations of loving companionship which the Brotherhood practices serve as helps in awakening. Let our hearts now be filled with its interior religion of love. Use the affirmation: *Brotherhood-is-but-Love-in-manifestation.*

24. Objects of the Brotherhood. Mankind is stimulated to better endeavors by the life which puts into practice a mutual helpfulness to all. The word "Brotherhood" implies the exercise of human love in its broadest sense. While it is wise that we stand alone as individuals, it is also wise that we stand united for the strength which comes to us through unity. Kindly vibrations emanate from true brotherhood relationships, for we are as parts of one great whole. It has been shown us that there exists a need for secret, resourceful ways of getting away at times from the exactions of old-time fellowships, and seeking in one's retreat a contemplative communion with each other and with the great First Cause which is a law within ourselves. We need a unity of the minds which are awakening to the needs of the hour. Since the foundation of brotherhood is love, its future offering must necessarily be a purely-conceived religion of the heart. Can we not to-day so blend our common thought interests that the world's standards of morality shall be positively elevated thereby? Combined thought makes great things possible. Earnest souls are constantly sending out fervent prayers into the livid silence.

These ought to find sympathetic fellowship with our best thoughts and desires. To help make this possible, let us take for our noonday meditation: *The-Fatherhood-of-God-and-the-Brotherhood-of-man.*

25. Brotherhood Co-operation. The burden of the teachings of this magazine have been, self-help, self-mastery, and self-building. When every brotherhood member shall have attained to all these, the co-operation of our common interests will have reached an ideal state. At first thought one might say that the benefits of a brotherhood should go to the weak and dependent. If this were all, a brotherhood would not last. Imagine, if you will, a conclave of strong, thoroughly individualized minds. While there may be some weaker than the rest, it is the strong ones upon whom we rely. A united thought sent out from a bevy of well polarized minds can move nations to acts of beneficence. Let each of us to-day center our thoughts upon the one important fact, that in individual strength lies the possibilities of true brotherhood co-operation. Admit only the positive assertion of self-mastery. A solid front can vanquish all undesirable intrusions. Re-affirm with restful, confident thought, the truth: *I-am-the-law-of-God-made-manifest.*

26. Organization. There is organization in all vital life. When a body of thinkers begin to put forth thought, the tendency is to organize to give that thought greater currency. When a brotherhood has been organized without the affiliations of creed, and on a basis of absolute good will and mutual helpfulness, students who become its members enter the life with better prospects of success. This is evidenced by the many who have taken the degrees in the Home Silent Thought Brotherhood. Their powers are becoming centralized and of greater practical use. Their forces, organized for better results, are less scattered, while the spiritual benefits derived are such as can not well be

estimated. A brotherhood which seeks and finds harmony of thought and precept becomes not only a powerful organization, but a church as broad as the firmament. Is not the Universal Church of Silent Demand already an existing fact in the cosmic law under which we live? There is no doubt of it whatever. Then to help this to seem more manifestly true, let us to-day give the subject some serious, contemplative thought. Seek the light from the center only. Use in connection with your thought the affirmation: *All-life-is-inseparable-and-eternal. I-am-that-I-am.*

27. The Obligation. There exist in every walk of life the customary obligations between friends and neighbors, of courtesy, helpfulness and love. Who can afford to neglect them? It is a fact in social science that the more steadfastly we stand upright in our independence the better prepared are we to honor a just obligation. We evolve thoughts that are good and thereby cancel our obligations to those who need their beneficent influences. We can each become self-reliant examples of the human family, and thus discharge our obligations to the oncoming generations who are to profit by the legacies of thought and independence we leave them. Suppose we each strive to fit ourselves to discharge some one wholesome, fraternal obligation, either in thought or action, which we may owe to mankind at large. Concentrate with extreme fidelity upon this privilege and duty throughout the noon-hour, and hold to it with equal composure of self until the morrow. Make more potent the thought by using the affirmation: *I-answer-my-true-relations-to-all-mankind. I-give-of-my-love-in-loving-service.*

28. Brotherhood Ties. Next to the ties of family kinship are those of brotherhood and church. In touch in spirit as well as in mind, the ties we are forming have a spiritual value untold. They can rarely be broken. The passing of the spirit does not sever them. Life is sweeter

when we know that we are each an important link in the great chain of being. To aid in bringing nearer to us this code of fellowship, let us meditate upon the thought and endeavor to realize, that we are members of one great family, living above the mere bickerings of materiality and the self. It might assist the spiritual union of our interests to affirm: *I-now-draw-my-true-companions-to-me-by-the-ties-of-spiritual-love.*

29. Father and Son. Since the teachings of the Christ in ancient times, brotherhood plans and objects have abounded everywhere. That these have not always been published broadcast, gives more weight to the belief in the potency of silence. The universal Father gave to the sons of earth the parables of the scriptures. It has taken centuries for these to be understood, until now it is gradually dawning upon the minds of multitudes that what the Christ did not say more than equals what he did say, as is evidenced by the deep, often very deep, occult meanings of his words. It is to gather together and make plain and practical these hidden pearls of great price, and to outwardly establish the true Christ principles, that The Home Silent Thought Brotherhood has come into existence. By an exhaustive plan of united thought alone can its aims be accomplished. It is the work that has been set by the universal Father for us to do. Are we indeed capable of performing our several parts with willingness, and thoroughly? Lastly for the month let us affirm: *As-a-devoted-child-of-the-Father-I-conform-to-the-true-Christ-principles-and-give-forth-only-that-which-is-good.*

30. Review. It might be well to give the entire month's lessons a careful reading, and thus try to discover how many of these teachings you are able at the present moment to make use of in your daily life. Has the series of helps been a benefit to you thus far; and how? Meditate upon this.

ALWYN M. THURBER.

The end of April

May

Daily Subjects and Drills for the Universal Church of Silent Demand.--Continued.

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1. Our Plan in Outline. For the coming month let us bend our united efforts toward the attainment of four things, viz: success, self-mastery, self-culture and self-help. So far as we have been able to ascertain, these daily subjects have been found a practical and efficient help. Many have reported the fulfillment of actual results, which they attribute to them, but we feel that we have hardly made a beginning, and that the main results are yet to come. The principal thing is to concern ourselves with setting up the right causes, knowing as we do that they cannot be separated from their legitimate results. In finding the higher self we are reaching the cause world, and until we do that we can scarcely expect all we are setting out to accomplish. We can find the higher self only through persistent practice and thought concentration. We will, as heretofore, aim to give hints and helps, but the work requires daily individual practice if we would gain real efficiency. In our noonday meditation to-day let us use the affirmation: *I-am-my-higher-self. I-will-manifest-its-powers.*

2. Success. Occultism affords us the means of so intensifying the thought centers, that to accomplish a given task we need only to first shape it well in our minds, when its ultimate consummation is almost as good as assured. The secret of success is concentration—concentration of thought, determination of purpose, and continuity of action. On this day you may have determined upon a worthy plan of business. Does it seem in your mind like a foregone certainty, or is the plan more than half subject to the will of this person or that person? Or, finally, are you in the habit of secretly trusting to a traditional belief in "luck" or personal

inheritance? No half-hearted plan ever succeeded justifiably, so fixed and unalterable are the requirements of well-doing; honest dealing and good thinking. Meditate upon this. Go carefully over your plans, and see how many of them are unconditional and how many conditional ones. When able to classify them justly, you will naturally draw to yourself the discriminating powers of a successful organizer. The architect who is well known draws every line into his building with an instinctive love of success. His ideas are new, and therefore of value. His powers of concentration have been trained and are ready the moment he begins to think. To-day let us try and focus our thoughts upon these first principles of success. If it will better your powers of concentration, use the affirmation: *I-will-do-what-I-will-to-do. My-powers-are-limitless.*

Jan 7

3. Distinctness of Motive. No act of legislation ever succeeded, or, we might safely say, ever stood the final tests of the courts, except that it was set forth by its author in unmistakable terms. The central motive, distinctly expressed, is the one to act from invariably. You may be called a "one-idea" person, but is not one idea successfully handled especially if it be a general and basic principle, worth a hundred only partially developed? A straight forward nature is usually exact and painstaking. When the occultist wants money, he does not conjure up unfair and questionable means of getting it, for he knows the false keynote is always discordant and will neutralize the entire harmony of the transaction. He sets his stakes within the circle of honest dealing. He trusts his powers only to the extent that he has evolved them from the within. To go further than this he resorts to his habit of concentration, and is cautious to have a reserve force on hand for unexpected needs. Even to-day our motives, both in social and in business life, may lack form and distinctiveness. Then let the study for the

next twenty-four hours be to assert them definitely, and with firmness and justice. Habitual concentration will aid you at all times. Use few words and think methodically. There is success in this. Affirm with undoubting faith: *My thoughts-and-aims-are-just,-honorable-and-abiding. I-will-succeed-in-my-purposes.*

4. Success in Teaching. If you are an instructor of the young, the merest knowledge of occult law is beneficial. To find in what sign of the Zodiac each child is born, enables you to more readily account for almost every tendency of their minds and traits of character. Of course the teacher should be reasonably familiar with each of the twelve signs to make the knowledge practical. This is not a difficult accomplishment. A general and thorough knowledge of occultism should be acquired, all of which is just so much additional capital in the earning powers of the teacher. We have found that teachers who have qualified if no more than in the rudiments of occultism, have brought themselves greatly in demand and have secured rapid promotions though the school boards which thus recognize their abilities little know of the real source of their added wisdom. The parent's training of the child is also manifestly better the moment they engage in occult studies. It is in fact the superior wisdom upon which the model home can be fostered and protected. Let us take the thought of wisdom getting and popular education for our text to-day—its hopes for the future and its possibilities and advantages in behalf of child-life everywhere. You will, we think, be greatly surprised to find how many real advantages you can enumerate could occultism become a part of the education of the popular instructor of the day.

5. Originality. Frequently do we read of the passing away of a person who was the originator of some idea or custom which has become world-famous. Before his advent

we may have got along very well without his idea, but now that he has lived, and our accepted modes of civil life are so popular, it has become almost indispensable. This feature of success, though rare, is a most interesting one. Few are originators, many are imitators. It might be borne in mind that all originators seem to be born and find success in just their proper epochs in history. Mrs. Stowe's *Uncle Tom's Cabin* was the work of an inspired genius, yet successful only after repeated rejections by the publishers. Though the great national conflict must have foreshadowed the book, it took a woman's intuitive and inspired mind to discover the elements of success it contained. Concentration in behalf of a given cause, and a willingness to serve, has produced many a gifted work in science and literature. We can all become originators by changing our habits of polarization. To best attain success, one should concentrate with an evenness of thought and purpose. Do not antagonize the vibrations by haste, but try to focus every latent mind energy to apply to the thing you have under way. If in meditation, use the words: *The-wholeness-of-the-law-is-my-inheritance. I-draw-my-inspiration-direct-from-its-exhaustless-fountain-within-myself.*

6. Our Purposes. How many of us have distinct and clearly defined purposes and objects of pursuit? The chances are that we are but drifting and that if asked what are our purposes we could not give any very intelligent answer. Can we reasonably expect to accomplish anything worthy of ourselves until we at least know our desires and form our purposes? Carlyle said "Blessed is he who has found his work! Let him ask no other blessedness. He has a work, a life purpose; he has found it and will follow it." Ralph Waldo Emerson voiced the same sentiment when he said "The crowning fortune of a man is to be born to some pursuit which finds him in employment and happiness

whether it be to make baskets, or broad swords, or canals, or statues, or songs." "A congenial occupation is a perpetual joy; he who has one walks all his days in a sunny avenue; he who is doomed to an unsatisfactory pursuit travels a gloomy road" says a recent author. We should try to secure this great blessing by means of every possible source of information. In fact we should not rest satisfied until we have done so. Let us silently polarize our thoughts to this idea, using the noon hour as a means of invoking the powers of the higher self as a help in forming a judgment so important. Let us use the affirmation: *I-am-led-of-the-spirit-to-my-true-work.*

7. The Factors of Success. Accomplishment is made possible almost wholly by virtue of factors which are within ourselves. These are the forces which flow through the mentality, and they in turn are dependent upon the thought faculties of that mentality for expression, hence the importance of those moods of mind which are the moods of success. The first effort should be to gain qualities and powers as a means of producing, maintaining and living constantly in the moods of success. The human mind is constructed upon certain definite principles which may be definitely known, therefore there is a science of life. Each faculty of the mind is improvable by the simple method of giving it its natural food. That food is force. Thought force and in fact all of our force originates in the higher self. Therefore true thought concentration being a method of coming into close touch with the higher self and of awakening its resultant forces, is a method by which we can feed and unify every faculty of the mind, so that they will all unite in the accomplishment of some one wisely chosen purpose. Let us use the affirmation: *I-now-think-and-act-from-the-higher-self-in-considering-the-factors-which-enter-into-my-life-problems.*

8. How to Form Purposes. The formation of wise purposes implies a thoroughly accurate knowledge of every factor which bears upon the object sought. Then it becomes a matter of judging of the relative importance of these various factors. Sometimes we wish to go in two or more directions at once, but this is impossible therefore we must not only select our purposes but also sacrifice if necessary the minor factors as a means of making them auxiliary to the more important ones. The surgeon in the name of benevolence sometimes sacrifices a limb as a means of saving a life. Let us use the surgery of determination and of our other executive faculties as a means of cutting off from the parasites of minor purposes which claim so much of our attention and vitality and thereby defeat the greater purposes which our highest perceptions would deem wisest and best. Let us silently hold the thought: *I-am-living-for-my-best.*

9. The True Standard of Success. We each should live for the eternal. This does not imply that we should entirely disregard the things which are earthly and transitory. On the other hand we should search for and find in each event and circumstance of our lives its true esotericism, or that within it which is permanent and not transitory. To do otherwise is to exercise a spirit of condemnation in pronouncing superficial verdicts of great and small.

The Divine unity which prevails throughout nature should teach us that there is no great or small in the eyes of God, or of that Infinite causal law which creates both great and small and which is faithfully and fully represented in all its products both great and small.

The only difficulty is within ourselves, in our failure to perceive the law in small things and events. In our failure to perceive that we are thus but condemning ourselves, "for with that judgment ye judge shall ye be judged."

Emerson says "there is no history ; only biography." It is all but the history of the soul, of your soul life and of mine ; for we all must live every event which time has, or can produce. Hence the importance of living for the eternal ; of having true standards of success ; of finding our lessons in all events and circumstances which come to us ; of perceiving the esotericism, or causal laws of all things. Ponder on these thoughts during the noon hour of concentration and apply their truth to your life by building it more deeply into the subconscious mind.

10. Your Best. Can you truly say, *I-am-living-for-my-best?* Are you making the most of your life ? Your life in its ultimate means omnipotence, therefore there is plenty of room for improvement ; and self improvement is always possible, for otherwise final omnipotence would be impossible.

The omnipotent force creating law of life is within you. It offers you its infinite possibilities here and now to the extent that you can perceive and co-operate with its unchangeable principles. You should obtain self-knowledge. (Re-read essay entitled Methods of Self-help through self-knowledge.) To obtain true self-knowledge should be your first step. You should "leave no stone unturned" in obtaining it, and should not rest satisfied until you have done so. Hold in the silence the important thought. *How-can-I-best-obtain-true-self-knowledge-and-its-self-help?*

11. Happiness. All happiness is necessarily derived through that soul consciousness which includes sensation. All consciousness and all sensation is necessarily vibratory in its nature and all vibration is but the resultant of a definite law. That law is the one Infinite law called God, which is "all and within all." It is within you now and forever. The purpose of consciousness, sensation and life itself is *happiness*. If anyone tells you the opposite do not

May

believe them even for a moment. If an exact and unchangeable law underlies all life, all sensation, all consciousness and all happiness then there are exact principles and laws of happiness which may be definitely known and applied.

Your happiness is in your own hands. Happiness is the necessary consequence of complying with the law of vibration and of thus awakening its consequent forces. The harmonious flow and activity of those forces is happiness. Their inharmonious flow is misery and the only misery. Will you be happy or miserable? The case rests with you. Happiness scientifically attained means (vibratory) power, success, wisdom and all that the heart can wish for. Re-read essay entitled "The Esoteric Laws of Happiness." Hold this subject in thought during the noonday silence.

12. Growth—Force-Massing. Life means progress. It is "a search for power" and happiness and is likely to be successful only to the extent that its methods are scientific. Power means vibration. There is a law of vibration. It is likewise the law of power. That law is within you—now. Can you not feel it? Listen—for the silent sounds of its influx of force and its force currents———. Did you not feel them? Listen again—. There is a science of life, of growth, of force-massing, which is but the science of this interior law of force. Occultism is this science of life.

The joy of living consists largely in growth. Learn this science of life and then watch your progress as you become more beautiful, more powerful, more successful, more joyous; until finally life becomes one complete round of rejoicing. Silently hold in thought the question How can I "rejoice evermore" as St Paul said we should do.

13. Service. Love is basic in man's constitution as well as throughout nature. Love implies service. True service pertains to things permanent, to conduct, to character and to character building. You are your higher self. It is all

related, therefore in serving others you are but serving yourself. You cannot be permanently happy until you make this principle of service a primary consideration in your life.

In a sense the world does not need your help because it is governed by a law which is all-sufficient in caring for its own; but you need to help the world as a means of truly helping yourself. The universe will give to you of its abundance to the extent that you truly give to the world of the abundant resources within yourself, which Infinite law has placed at the service of whoever will but learn and obey. Silently ask yourself the question *How-can-I-best-help-myself-by-giving-to-the-world?*

14. Health is but the harmony or equilibrium of your forces. All your forces are but the product of that law of force, or soul principle, which is your power to think. Your thought faculties constitute your entire mentality. In dealing with them you are dealing with the whole question of your forces and therefore of your health—the resultant. The laws of mind are exact and unchangeable. They may be definitely known and understandingly conformed to in the attainment of definite results. "As a man thinketh in his heart so is he."

This noon-hour practice of thought concentration is but a method of thinking from the heart, or soul center, and in such a way that the forces will flow in that perfect harmony which ever prevails within the interior force creating law at the center of Being. To reach it is a species of aspiration, or devotion, which tends to infuse the body and its very surroundings with reverential harmony, peace, repose and power. Hold the affirmation: *I-now-think-from-the-very-center-of-my-Being. I-infuse-my-whole-body-with-its-ever-harmonious-powers.*

15. Latent Knowledge. Each individual in his soul principles is representative of the law of vibration. His brain-

cells are but the accumulated vibratory sediment which is the essence of all his past soul experiences during countless ages. The brain and mentality represents the latent knowledge and wisdom thus acquired. This latent knowledge should be awakened that it may become active for good in the life.

We are now in the Zodiacal sign Taurus which among other things is representative of latent knowledge, therefore we get the assistance of universal currents in our present efforts to awaken through thought concentration, that latent knowledge which is of the higher self. Thought concentration by connecting the thought consciousness more closely with the higher self, awakens its vibratory forces and also the vibratory sediment of knowledge previously gained through experience, as effectually as one could stir up yellow jackets by poking their nest with a stick, and on something the same principle.

We should ever work with the universal currents rather than against them. In our efforts to do so a knowledge of the esoteric meanings of the signs of the Zodiac can be made very useful. Our strength is in obedience rather than in opposing natural law. We need but to learn, listen and obey. Hold the affirmation: *I-now-imbibe-the-latent-knowledge-and-wisdom-which-is-of-the-higher-self. I-send-its-forces-into-my-every-surrounding-and-thus-bring-to-myself-all-that-is-helpful-and-needful,-and-that-can-contribute-to-my-happiness.*

16. Stability. Taurus is a fixed sign of the Zodiac. It is representative of that principle of stability which gives those who are born in that sign, (unless modified by other planetary conditions) the "stiff neck" or even bull-headedness which enables them to persevere in efforts to accomplish their chosen purposes. It generally produces a sensitive, fine grained and steady interior nature. It is what is call-

ed an interior sign. It helps to polarize the forces to the within, or to the higher self. Taurus is symbolized by "the bull." This animal is so sensitive that for fear of getting hurt he keeps his neck drawn nearly all the time. Taurus persons are sometimes "big bluffers," but they have much psychological and will power, as well as general stability, which are traits much needed among students of occultism. How often do we find such students flitting from one thing to another, ever in search of new sensations.

The spirit will ever goad us on in the attainment of knowledge of Truth, but we should beware lest we forget the importance of basic principles and of the occult practices based thereon. It is an easy matter to get side-tracked on issues of secondary importance.

The greatest need of most persons is to thoroughly polarize the forces to the higher self as a means of gaining its unchangeable steadiness and anchorage. Repetition of vibration is omnipotent. How can we so repeat our thought vibrations that we will attain that Taurean stability which is able to adhere to basic principles through thick and thin? Hold the affirmation: *I-now-polarize-my-forces-to-the-higher-self. Its-steadfastness-and-its-powers-are-mine-now-and-for-ever.*

17. Dignity. The lack of true dignity and self-trust is a national defect in the American character. Its love of independence arises from other causes. Its power would be greater if it had more of the spirit which prompted the Indian Blackhawk to say "I am a man, you are another." This could be changed to "You are a man and I am another." When it is said as the result of a knowledge of man's permanent Being, it has a tendency to cultivate that great power self-trust, and a reliance upon the law within which is the true inspirer of dignity.

Let us silently contemplate this question of dignity and

the laws and omnipotent interior powers on which it should be based. Then we will feel stronger and more easily able to carry out our purposes and perform our practical duties in life. Perhaps it will prompt us to aspire to higher attainments, to enlarge our purposes and to so concentrate our energies as to convert our possibilities into powers and then into achievements.

18. Prudence. The brain faculty which Phrenologists would term "caution," is representative of prudence, but if unduly developed, or abnormal in its action, it produces negative thought forces and habits of fear, worry, anxiety, despondency etc., which tend to drive results away instead of attracting them. In times of danger the highest prudence is generally to be courageous and self-possessed; when to listen to the voice of "caution" alone, would throw us into a panic of excitement and thereby unfit us for such action as might be necessary in averting the danger.

The mind forces are a unit. They must be cultivated as a unit and then act unitedly, as a means of attracting the best which nature has in store for us. Our main reliance in obtaining for ourselves the harmonious and therefore united and successful action of all the faculties should be the daily habit of thought concentration, because we thus obtain for ourselves the over-shadowing presence of the higher self, which enables us to act from it in all we do. Its words are words of power. Its actions are actions of power and are the main factors in the production of successful results. Hold in thought these words "Seek ye first the (interior) kingdom of heaven (of harmony and power) and all these things will be added unto you."

19. Satisfaction. It is impossible that Infinite law should be so cruel as to create wants that cannot be satisfied. Every desire of the human heart is capable of being legitimately satisfied; but desire cannot be permanently satisfied

until every other desire of the heart is also satisfied, for the mind is a unit. What are termed the lower desires must be subdued by the higher desires and thus converted into strength and power. To gratify them regardless of the higher desires would inevitably lead to depolarization of their forces, satiety and ultimate disgust. Their legitimate purpose is to supply a basis of physical power to the higher faculties and their desires.

Happiness comes through conservation and transmutation instead of through animal indulgence. Occultism teaches the true methods of conservation, for force-massing or character-building is its purpose. Its methods are methods of thought concentration or scientific devotion. Emerson says "I don't know if all matter will be found to be made of one (vibratory) element, but the world of manners and actions is made of one stuff, and begin where we will we are pretty sure in a short space to be mumbling our ten commandments." Yes scientific devotion gets at the root of it, of unifying our forces, therefore, let us silently concentrate on the affirmation: *I-draw-my-life,-my-happiness,-my-inspiration-and-my-power-direct-from-its-central-law-within-myself.*

20. Duality. Let each of us silently soliloquize something like this, viz—I am composed of the dual principles and forces which prevail throughout nature. My work is to hold true to the universal laws and forces, and also to the principles of individualism both of which are fully represented within me. The law of vibration, which I am, includes both the masculine and feminine, or positive and negative poles, principles and forces. This Infinite universal law is also the law of individualism, therefore of my individuality. The ultimate of my individuality is to consciously become fully reunited with this universal law of all life and thereby consciously manifest in full its divine omnip-

•otence. My soul yearns for that ultimate—my natural inheritance, and for the scientific knowledge which, when fully applied, makes its attainment possible. I aspire now to this highest attainment. I silently invoke the knowledge, the wisdom, the peace, the power and the plentiful resources of that vibratory law which is my higher self and the origin of those dual poles and forces which compose my soul principle, the power to think. My thought now attaches itself to this omnipotent source of supply, therefore my forces become immediately invigorated with its Divine elixir.

21. Scientific knowledge. The Zodiacal sign Gemini is representative of those dual forces which are symbolized in the almanac by "the twins." It is also representative of scientific knowledge, and now that for a month its forces are focusing so directly upon the earth and its inhabitants we should try to become receptive to its general currents as a means of acquiring that scientific knowledge which makes the highest attainments possible. Let us imbibe these universal forces in the silence, from the higher self within and thereby also obtain that self-poise and soul rest and steadiness of mind which belongs to the higher self and which is the especial need of Gemini characters. The Gemini powers cannot be fully utilized until this is done.

So long as we try to travel in two directions at once, as do the Gemini twins, or to harass our souls with the conflicting emotions and unrest of surface vibrations will we really travel in the direction of nervous prostration and the depletion of forces which leads to failure and bitter disappointment. Our dual forces must be unified, and thought concentration offers an ever available method. Hold thoughts of soul-rest, self-poise and power.

22. Expression. Our latent forces offer us limitless possibilities. Through the scientific knowledge of those forces they can be converted into powers, and from that into actual

achievements. This should be the work of each individual. It should be begun now. The silence can be used as a means of attaining these three-fold objects, first the knowledge, second the organized power and third the expression, or manifestation of those powers. The importance of habitual co-operative thought concentration or force-massing is therefore apparent.

The process is simple in comparison with the importance of the objects sought, but it is none the less affectual. That simplicity should be its recommendation. Let us remember the Biblical story of him who was told to go and wash seven times in the river Jordan. Truth is astonishingly simple, as is shown by the supposedly "unknowable" law of vibration which is now explained in our course of study. Your "diamond diggings" are within. Go to the within now and try to more fully realize the simple methods of thought concentration through which its priceless jewels may be brought to the surface, that they may shine now.

23. Harmony. Man's innermost being is eternally harmonious. Discord is of his external vibrations only. It is an illusion from the standpoint of absolute Being. That which is real is eternal and perfect. Man's work is to bring these interior and eternal realities into his external being or consciousness. Hence the importance of keeping ever in touch with this interior "kingdom of heaven," or harmony. The God within will always hear your prayers and answer your needs if you will but learn the art of scientific devotion, or thought concentration. This Infinite interior law is both creator and preserver of your life, and as the power to think is your soul principle, it and your thought is the line of connection which attaches you to that limitless source of supply.

What your soul really wants is to see or know the God within; and every discord in life is but the result of getting on the wrong track in the effort to find this, your preserver

and peace giver. Discord is the result of running against natural laws instead of with them ; it is because your prayers or hearts desires are directed to an unknown or external God, instead of to the one and only God which is within. Every scientific prayer must and will be answered. See if you can now silently perceive the importance of looking to this one and only God within. Then persistently practice thought concentration until you learn the art of getting answers to your true prayers.

24. Peace. The object of life is happiness, therefore it is important that you know how to obtain for yourself "that peace which passeth all understanding." It is the peace of power which is wanted instead of mere meekness, submission and endurance. It comes as the result of conscious harmony with that interior law which is the Divine creative law. Exact principles underlie life, therefore there are exact and scientific methods of producing within ourselves that peace and happiness and power which is the object of life. This fact cannot be repeated too many times. These methods are not difficult to understand when the principles which underlie life are first duly comprehended.

Thought concentration is the main method of producing these results. It deals with the interior forces, and in a way which awakens into harmonious action the vibratory forces which spring from the higher self or law of vibration. How wonderful that an object so important should be obtained by a method so simple. Let us now apply it as a means of filling the consciousness with harmony, peace, happiness and power. When you feel conscious of this overshadowing presence of the soul, then send your forces out on the wings of thought to the objects and undertakings which you wish to accomplish. If you have not yet chosen your purposes and methods then do so now, in the silence, while you have possession of your better faculties, or higher self.

25. Deliberation. Americans as a nation are becoming less and less deliberate in their methods and actions. They are becoming afflicted with what one author has aptly termed "Americanitus." Lack of concentration has become a national defect. These noon hour practices of thought concentration offer the very best method of overcoming this and most all other defects. To live and act from the higher self is a method of making the atonement, or at-one-ment with the God within, which the Christ so ably advocated by precept and example. Let us silently repeat the words "*I-and-the-Father-(creative-law)-are-one.*" Let us be more deliberate and reposeful in our outward acts, and try to realize that the real activities are of the mind and soul rather than of the body, and that excessive bodily activities drive results away, because they withdraw the forces from that interior center of activity from which their real power is wielded. Try to get the mind perfectly clear on this point so that in your deliberate acts you will know exactly what you are doing from the standpoint of occultism.

26. Courage. Nervousness or "Americanitus" implies a lack of courage. It is caused by force-wasting or force-scattering, not only by our American methods of hurry, anxiety and overactivity, but also by the consequent infringements of natural law which are known so well by occultists. Let us try to-day to overcome this defect, so that for a day at least, we will even find pleasure in whatever exercise of strength is needed in coping with such difficulties as come to us.

If we could but realize and then utilize our strength, no difficulty would be too great for us, no trial more than we could cheerfully bear and no circumstance sufficient to throw us into a panic of fear, excitement and worry. Lack of courage indicates a lack of perception of that esoteric and Infinitely tender Father principle which is ever caring

for its own. Thought concentration is an invocation of its ever living presence. Let us use that old saying "It is a long road which has no turning" and as we do so, think of the entire soul life instead of but a single earth life. If we can but comprehend how utterly unimportant are the petty difficulties of a single life, when compared with the entire soul life, they will sink into such insignificance that we will be better able to cope with them, or at least to endure them if we are unable at once to overcome them. The development of strength implies the necessity of having difficulties to overcome. They offer us our opportunities.

27. Human Love. Many esoteric students show an inclination to forget the importance of the human loves. If they could but fully comprehend the Science of Being they would understand that the human loves and animal desires are needed in the ideal character. When properly controlled and subdued, their vibratory forces become converted into strength, thus offering a base on which rests the ability to physically express, or manifest through man the manifesting agent, the wondrous possibilities, powers and achievements of Divine Love.

Human concentrated love is, to be sure, but a training for that universal love which is boundless; for that matter the whole earth is not a finality. It and the human loves have their important uses and should not be despised. Natural law will not permit any one to permanently despise them.

Gemini individuals are frequently lacking in repose, contentment and the appreciation of the human loves. Their faculties and forces are turned toward intellectual and scientific uses, but through occultism can and should be made to intellectually comprehend the esoteric meanings of the common things in life. It then becomes possible to utilize this higher intellectual perception and scientific knowledge as a means of extracting the esoteric sweetness from every

event however common. Let the noonday concentration be upon this thought viz, not less of the human but so much of the divine that the human will be transformed into its likeness.

Tuesday
28. Hope. How many there are who are continually moping, as if it were everybody's duty to continually tease them not to commit suicide. What unnecessary pains we give ourselves in trying to "save" others, as if creative law had grown faint and powerless. "Let every tub stand on its own bottom." Let individuals find within, that reliance upon the Divine law (within) which is their only safety.

for the Best
Unused muscles and faculties soon lose their strength. God is a living presence within each heart, and until that presence is perceived and drawn upon, the spirit of pure optimism is difficult to obtain.

valued
Optimism is that spirit of contentment which is a continual feast. The hopeful spirit of optimism can be cultivated through use of the optimistic faculties and not in any other way. All the faculties when normal in their united action are optimistic. We should restrain the faculty of "caution" when unduly developed, and obtain that thought control which enables us to live constantly in the successful and constructive moods of hope, as one important means of bringing out our full strength. Learn in the silence the important art of forgetting your troubles. In that way you can drive them away, for they have no real existence except in the mind. Our trials are our opportunities for converting weakness into strength.

29. Protection. From ignorance comes fear and from fear comes directly or indirectly nearly all of the illness, sin and misery which flesh is heir to; then the occult art of building around ourselves or others an impenetrable armor of protection should be appreciated in proportion to its importance. It is but a simple matter of thought concentra-

tion such as we are trying to teach and practice. The efficacy of this simple practice consists in its power to awaken from within a steady flow of vibratory force which is so harmonious that nothing inharmonious can find its way into the life, not even the unseen and harmful psychic forces which constantly surround us.

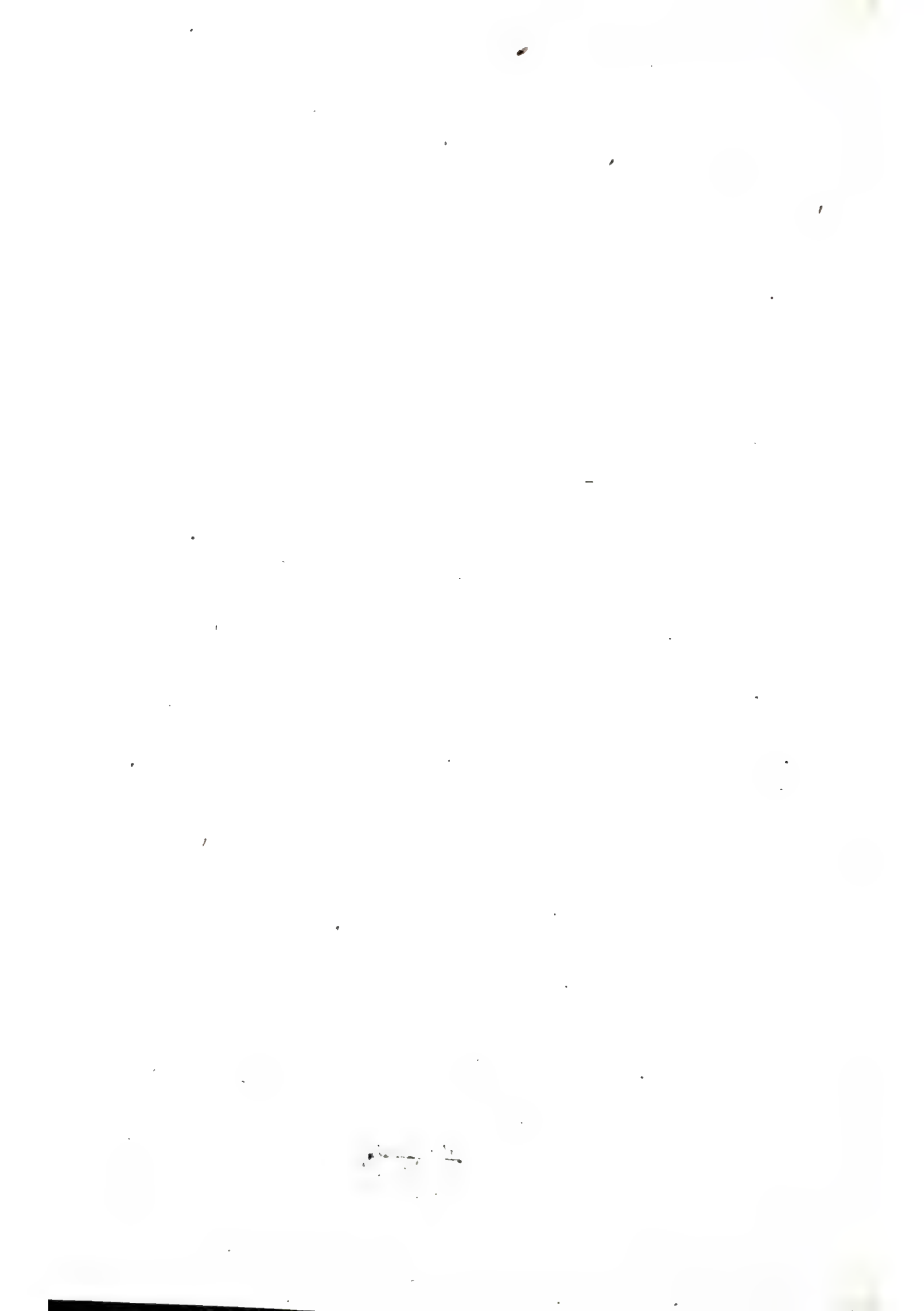
These thought habits and the consequent moods of success, set up the vibratory causes which carry us into harmonious thought currents, where nothing that is inharmonious can easily enter. They are force-massing instead of force-scattering in their tendencies. Let us use the 23rd Psalm in our silent meditations to-day, viz, "The Lord (the law) is my shepherd. I shall not want." It "maketh me to lie down in green pastures." It "leadeth me beside the still waters." It "restoreth my soul etc." Try to fully realize its protecting influence.

30. Companionships. Let us to-day silently practice the art of thought concentration as a means of attracting to ourselves our real friends, viz; those who are on the same line of march and who can respond to our deepest feelings and sentiments. How precious are such friendships, and the process of obtaining them is so simple that no one should neglect to set up from within himself, through thought concentration etc, the necessary attracting causes. Let us dare to deal with realities and to fearlessly utter our heartfelt sentiments. It will help to establish our friendships upon a basis of reality, and to sever our friendly relations with those, who, by their shams and hypocrisies, insult the dignity of the name friend by substituting a counterfeit for its reality. If we permit such substitutes we are equally culpable, and to cut away from these shams, is generally the first step in attracting to ourselves our real friends—no not the first step because to realize its importance and to determine upon such a stand, is the first or preliminary step. Let us hold the

Emersonian thought, "Every friend whom not thy fantastic will, but the great and tender heart in thee craveth, shall lock thee in his embrace" etc., or the affirmation: *I-now-attract-my-real-friends.*

31. Circumstances. There is no limit to what thought concentration etc., can do in the attainment of desirable surrounding circumstances and conditions. Our real activities are of the mind rather than of the body. If one will but properly utilize part or all of the noon hour each day in this way, he will find, as weeks become months and months become years, that those hours were the most profitable of all. Re-read the essay "How to create opportunities." Silently study that occult art. Review the subjects of the month and ask yourself the questions. To what extent have I been benefited by these subjects and practices? To what extent have I been scientific and faithful in their observance? Is it wise for me to continue this practice? If you have gotten much from them you should feel thankful and keep on. If you have not received much or anything from them, your need of them is thus made all the more apparent. Hold the affirmation: *I-now-appropriate-the-essence-of-all-these-principles-methods-and-Truths.*

The subjects for next month will be especially practical



[NOTE.—This series of daily subjects began in the March, 1899, number, the opening issue of volume VI. All back numbers can be obtained at 15 cents each.]

Daily Subjects and Drills for the Universal Church of Silent Demand.--Continued.

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I. Gemini Force-Currents. As the Sun—"the giver of life," is still in the Zodiacal sign Gemini, let us try to utilize its force-currents in awakening the Gemini powers and in overcoming its weaknesses. All of us are more or less affected by planetary influences and we now receive more or less of the Gemini influences, whether we were born in that sign or not. We should aim to go with the general currents (that their power may become ours) rather than against them, at least to the extent that they are helpful and desirable. We should understand them as they are, that we may so co-operate with them, and also that we may understandingly assert our powers of mastery over their inharmonious influences and conditions.

All planetary influences at best are but vibratory magnetisms. They are necessarily weak in their effects as compared with the vibratory influences which through the power of thought concentration can be awakened from within ourselves; for the vibratory law itself is within us and it can be reached by this simple process of thought, especially if in co-operation with others, at the noon hour, when the Sun is at its zenith. These powerful and harmonious interior magnetisms when thus awakened, necessarily neutralize and

harmonize the less powerful external magnetic influences such as come from the planets. In the science and art of so awakening them, consists our powers of self-mastery. Hold the affirmation: *I-will-utilize-planetary-influences-to-the-extent-that-they-are-helpful. I-master-them-whenever-they-oppose-that-which-is-highest-and-best-for-me.*

2. Polarity. The earth travels at the comparatively slow rate of about 19 miles per second. Each planet has its own peculiar magnetism, polarity and rate of speed. As they change their relative positions, the resultant force-currents likewise change their magnetic or vibratory effects upon human life. They affect each individual according to the tendencies or interior polarities of his individual force-currents. If he simply drifts, he will be kept in the ever changing stew of planetary force-currents, and will likewise be acted upon by the psychic forces which swarm the invisible. The infinite will bring him out safe at last, but only when he has learned to exercise his own God-given powers of self-mastery. He will stew away in the universal pot until he can consciously and understandingly unify his interior universal forces with the principles of his individualism and its consequent forces. The Gemini twins will subject themselves to the unrest of these opposite polarities, until they know how to obtain that soul rest and harmony which comes through true thought concentration. Let us hold the thought: *I-seek-knowledge-and-power-direct-from-its-fountain-head-within-myself.*

3. The Gemini desire to know. The Gemini character is nearly always a sincere lover of knowledge, and its power consists largely in its ability to acquire knowledge. Through knowledge it can and will in time satisfy the intense craving of the soul which goads it on and causes much of its unrest. Truth is God, therefore it is well to be thus polarized strongly to a knowledge of Truth. But this God—Truth is

within. One of the greatest lessons for Gemini characters and all other true seekers of knowledge, is this very fact that true knowledge, wisdom, power, rest and happiness can best be obtained at this interior source, and to the extent that we are able to perceive the esotericism of, and utilize, this simple process of thought concentration. Let us again hold the thought: *I-~~seek-knowledge-wisdom-power-rest-and-happiness-at-its-fountain-head-direct-within-myself.~~*

4. **"The Mill of the Gods."** This strange title is herein used for the purpose of fixing in the mind an image which will perhaps help in the attainment of self-mastery and its resultants by making the habit of drifting repulsive. The constantly changing planetary force-currents are ever acting upon individual life and trying its individual powers, much as a mill would act upon grain. At each turn of the crank a new combination is produced, at least with those who through lack of self-knowledge and its consequent self-mastery are merely drifting with the general currents. This "Mill of the Gods grinds slowly but exceedingly fine."

To simply drift in our evolution is to encounter nature's savage elements. It is perhaps to be crushed by them. It is to oppose certain basic universal laws, for evolution is *ontgoing*,—it is a *going away* from the Infinite source or causal law of things which lies at the center of all Being. The development of species progresses slowly as the resultant of the action of these opposing principles and forces, viz—Universal law and its forces versus what might be termed individualism and its forces. These are the true Gemini twins. It is natural for them to want to go in opposite directions. Evolution is but individualism in action. It derives its powers of action from the universal evolutionary laws. The Infinite universal law of force is within each individual. It includes individualism. It compels the individual in time to recognize, love and obey this Infinite

Father principle or law and thereby unify the Gemini twins. We must finally manifest its omnipotence. In the strength and understanding of this law it is the privilege of the "under-dog" to at last get up and bark, even though now being run through a universal sausage mill. Hold the affirmation: *I-am-master*.

5. Castor and Pollux. Let us seek those fine adjustments of our positive and negative principles which will enable us to unite their Castor and Pollux mental forces, at least to the extent of aspiring to the highest attainments. What is it we really want; is it something comparatively groveling? We will get whatever we permanently desire, for desire is thought force and carries with it the vibratory powers of thought. It is impossible for us to permanently desire that which is but transitory, for experience will disclose its shallowness. When we graduate from the lower grades of the school of experience we will be able to think and act from the standpoint of principle, or of that which is fundamentally true. Then we will not have to plod through bitter experiences as a means of knowing the true value of these transitory "exhibits" in "Vanity Fair." The soul is great enough to desire something permanent. Why can't we now make the attempt to desire and aspire to something permanent by satisfying, such as the attainment of qualities and powers. We are always drifting, however slowly, to our highest ideals; hence the importance of having true ideals and of holding to them with that calm mental intensity which insures their fulfillment. Beware lest we hold those unreal ideals which when attained would instantly vanish into their native nothingness. Concentrate *now* and as the mind becomes steady let the thoughts rise to the contemplation of those true standards which are eternal and which carry the mentality to that kingdom of heaven within, or seat of the soul, where God, the perfect law, reigns.

6. "Cast Thy Burdens Upon the Lord" or interior law, which is your higher self, and it will sustain you. How fortunate that this direct representative of the Infinite is always so near by. The most trifling responsibilities will seem burdensome until you thus shoulder them by casting them upon the real I. You can do that now. No matter how heavy those burdens may be, they will seem light to your interior omnipotence. Strength is given for use. Burdens are given for the purpose of developing strength. Points of weakness should be converted into power. Obstacles offer us the requisite opportunities. To cast your burdens upon the higher self is to give it that anchorage which will keep it from floating away. It will stay by you if you will but give it something to do. Its powers are too precious to be wasted. Nature always takes the shortest cuts in the attainment of its ends. Your higher self must be appreciated. It will not permanently stay where it is not wanted. It will calmly wait until experience teaches you your need of it. It is equal to all demands. Its supply is always equal to your self created needs. Those needs are but the result of your past perceptions, or self recognition. The natural born boor, or the hog, does not feel the need of artistic surroundings and other gratifications which are almost, but not quite, a necessity to the highly developed soul. The soul is greater than all surroundings, but must use its finer tastes as crutches until it has recognized that greatness. Nothing is absolutely necessary to it except its interior self or God. Hold the affirmation: *I-cast-all-my-burdens-upon-my-higher self.*

7. In Unity there is strength. Your higher faculties are not noisy in their methods, but they are very persistent. There is absolutely nothing that can permanently change them from the eternal polarity, Truth, which they so earnestly seek, for Truth is the only real and permanent. It is

the Infinite polarity which makes a thinker and thought possible. It is the immortal principle or law within man which is indissolubly related to his power to think. It is the Father or creative principle in the Trinity. Man the thinker is its "only Son" or manifesting agent and therefore the second factor in the Trinity. Man's thought is the third factor in the Trinity, viz—the Holy Ghost. It is holy because it has its all-important purpose of manifesting God and the God powers within man; or in other words, of teaching him himself, which by virtue of his being a factor in the Trinity is all, for I (the thinker) and the Father (Truth) are one. It is literally a "ghost" because only transitory. Only that which is eternal and unchangeable is real in the absolute sense. The Trinity is necessarily a unit, therefore each factor in the Trinity is potentially the whole, because indissolubly related to the other two factors. Oh "What is man that thou art mindful of him." Father Son and Holy Ghost. Can you not perceive something of the esotericism of this? Be silent and try. Try to awaken more fully to the meanings of the words I Am. Thus arouse the I Am within yourself. Seek its exhaustless treasures, its omnipotence, its omniscience, its perfection, its harmony, its peace, its joy.

8. The Trinity. This being but a continuation of the subject of yesterday, should be used in connection with it. Let us consider the Trinity of Father Son and Holy Ghost in connection with positives and negatives. Remember that Truth, or principle, or vibratory law is ever the Father. The positive pole or individualistic principle of Being is the "Son" or outgoing evolutionary principle, and the negative pole, its exact counterpart and correspondence, is the "Holy Ghost" or product. Here again we see the three factors of the Trinity. This Trinity is within you, within me and within all. It is wherever vibration or positive and negative is.

The Gemini twins are the second and third factors in the Trinity. They will pull and haul until they can unite or agree on a destination. Their knowledge seeking tendencies indicate that they are already polarized more or less to the third all-inclusive factor in the Trinity, or Father principle—Truth. This is the only polarity, or destination which will permanently satisfy them, and it can be found only in the within, for it is the causal source or law of both positive and negative, therefore is in the interior nature. Thought concentration is the true method of connecting with this original and exhaustless fountain of Truth. It leads us to that primal source of Being which enables us to perceive what things *are* in their fundamental realities. It takes us behind the scenes where we can know the relative importance as well as the particular uses of these three factors of the Trinity and hence of their every product each of which is potentially representative of the whole. How blessed is the privilege of seeing things as they are, of knowing ourselves as we are potentially and of knowing the occult methods of seeing God face to face, that we may better manifest his Divine creative omnipotence. Hold the affirmation: *I-and-the-Father-are-one*, as a means of awakening to all that it implies.

9. Your First and Only Love. The bible says "*Thou shalt* Love the Lord (or interior law) thy God (or Father principle of the Trinity) with all thy mind and soul and strength." According to this there is no "if" about it. "Thou shalt" "*thou shalt*" "*thou shalt*" is likewise the thundering echo of Natural law. You have no option in the matter. You *must* abide by the unchangeable principles and laws of your own constitution. You *must* in time learn and practice the art of scientific devotion, or thought concentration. Will it be now, or only when driven to it? Creative law ever has power to enforce its own all-wise edicts. How

fortunate for us that it is all a question of absolute law and not dependent upon the whims of a Creator who was so cruel, short sighted and unwise as to bring into Being those who were morally weak and ignorant and then to eternally damn them, if, perchance, they followed the tendencies of their own God given constitution, instead of the mystical teachings of the "*only* Son" who had any power to remedy the original mistake(?) of creation? Think of those who have never heard the name of the Christ, or whose associates influenced them to disbelieve. Think of the countless billions of worlds which are governed by essentially the same laws. Must their inhabitants be eternally damned simply because the blundering(?—no not blundering) Father had only one Son? These orthodox interpretations are degradations of the true teachings of the Christ. Their Trinity is not the real Trinity. Their idea of God is false. Occult Science shows why. There are, perhaps, comparatively few intelligent people who still believe in the orthodox myth of eternal damnation, but there are many who still believe in its twin doctrine of the natural depravity of man, instead of in man's inherent divinity. How blasphemous and sacrilegious that man, a factor in the Trinity, should be considered as inherently fallen or degraded. Let us meditate on these higher meanings of scriptural teachings and see if we can better understand how we, as individuals, can make the atonement, or at-one-ment, by consciously becoming *at one* (through loving thought concentration or devotion) with that interior creative law which is the Infinite Father—Truth.

10. The Attraction of Aspiration. You are constantly drifting toward your ideals. Those ideals are thoughts, and it is through the vibratory powers of thought that you yourself create the force currents on which you drift. The noon hour practice of thought concentration which is observed regularly by the Brotherhood, offers peculiarly important

advantages in so creating the right forces and thought currents. These are the real activities in our lives. They lie below the surface. They act continually in the unseen. They are of the cause world. They greatly help in determining our permanent moods, and it is by living constantly in the moods of success that we attract success. We can attract it by simply aspiring to that which we desire.

It is our privilege to aspire to the highest attainments. There is no law human or Divine against doing that, nor is there any human power which can permanently keep us from the final attainment of our highest ideals. The underlying law is absolute. We are sure to go in the direction of the thought currents which we produce. Let us begin now by indulging in hopes and aspirations for better things, better health, better surroundings, more happiness and all that can make life desirable and beautiful. Hold the affirmation: *I-aspire-to-the-highest-attainments. Nothing-can-prevent-the-complete-fulfillment-of-my-highest-purposes.*

II. Opportunities. You are the creator of your opportunities. You can create opportunities through the use of your thought powers. Your thought world is ever your arena of accomplishment. By anticipating or fearing evil things, you attract evil things. By discouraged anxious and hopeless thoughts, you manufacture barriers to your external progress. Those thought forces produce thought currents of their kind and in time attract their outward correspondences, and you perhaps accept the unpleasant consequences as a matter of course, forgetting entirely that you have the power to remedy them.

Your permanent moods are the magnet toward which corresponding environments constantly gravitate. Thought control as a means of controlling these moods and resultant magnetisms is all important. Are you foolish enough to suppose that you can acquire thorough thought control except

by persistent and well directed efforts? If so, then the sooner you call a halt and make a careful study of the question, will you make a start in the right direction.

The four volumes of the Occult Science Library could be made an invaluable help to you, not only in studying the question, but also in the helps and scientific methods they offer in the attainment of true thought concentration and thought-control. Hold the thought: *I-will-live-for-my-best. I-will-utilize-every-help-that-lies-within-my-reach. I-will-acknowledge-no-obstacles-in-obtaining-and-utilizing-those-helps. The-infinite-is-with-and-within-me. On-him-I-rely.*

12. I Control my Imagination, is an affirmation that can sometimes be used to much advantage. The imagination can be made a great help in the attainment of occult power and thought control. But too often it is used merely as an avenue for the thought forces to escape. The indulgence in day dreams and high ideals should mean something more than that scatteration of thought energies which is the curse of our American civilization. The imagination offers the means to hold in mind, clearly defined thought images, until their forces have had time to densify. Practice the art of clearly outlining those images and then of holding them steady. In this way you can learn how to turn on a pressure of occult force which could perhaps be attained in no other way.

We should never permit ourselves to indulge in visions of failure, as we would thus most effectually disorganize our working forces. In the formation of plans, the imagination may, in connection with other faculties, be properly used to form an image, or vision of whatever plan may be presented for consideration, but if then seen to have defects, it should be abandoned for a better plan, and when the plan is finally chosen it should not be even reconsidered, unless *all* the faculties are again given a proper hearing. Otherwise the

imaginative faculties would become mere generators of mental panics and moods of failure, instead of important helps in the accomplishment of their ideals. Control your thoughts and moods as the only method of truly mastering your fate. Practice in the silence the art of using and at the same time controlling, the action of your imaginative faculties.

13. Occult Twists. Practice the art of saying much in few words. Be brief. "Brevity is the soul of wit." A noted journalist once apologized for having written a long editorial, his excuse being that he didn't *have time* to write a short one. Brevity is but a process of concentration and therefore ever affords an opportunity for the practice of concentration. Whenever you write a business letter, be brief. Boil it down. Whenever you speak, see that your words are properly twisted. Inaccuracies in speech are species of lying. They build lies and consequently disease, into the body and mentality. Women frequently have a seemingly innocent way of exaggerating in nearly all they say. They deal constantly in superlatives. The tendency perhaps originates in amiability of disposition, in the desire to say kind things, or perhaps in an uncontrolled imagination. But the penalties are very exacting.

One cannot build an untruth into his organization without becoming a sufferer. Truth is life. Think twice before you speak. Tightly twist your words and sentences. Give them their proper dramatic power and thus become a brilliant conversationalist as well as a clear and powerful thinker. This will centralize and intensify the forces of your organism and greatly increase your occult powers. Opportunities for improvement lie all around you. Seek them in the silence and then strive for their fulfillment. Hold in thought the question: *How-can-I-improve-myself-and-better-my-conditions.*

14. Power. We should spend more time and effort in acquiring power and perhaps less in the outward use of that power. The acquisition of power by occult methods is likewise a use of that power, but by interior methods. These forces are ever active in the unseen. As we awaken from within, an influx of new force, our every environment receives more or less of that influx. It serves to infuse life and power into the unseen force currents which control results which we are perhaps striving to accomplish. To ever keep the body busy in vainly trying to accomplish external results after our forces are exhausted, is like driving a horse after it is worn out and broken down for want of food and rest.

Who will be the first to say, Oh I can't spare the time to observe the noon hour? Are you not occultist enough to understand that you can accomplish many times as much in properly observing the practice of true thought-concentration during part or all of that hour, than you could by mere physical activities? If not, then you should at least respect the word occultist sufficiently to abstain from calling yourself one. But do not relax your efforts to become one if you wish to multiply your powers and the results of your life. Be a follower of the true occult principles even if you cannot as yet demonstrate their power. Hold the thought: *How-can-I-make-more-of-my-opportunities-and-my-life? How-can-I-create-opportunities?*

15. Hurry. Hurry is the bane of our civilization. "The more haste the less speed." Hurry implies a lack of trust, a lack of perception, a lack of knowledge and a lack of occult power. Can we not, during the noon hour, rest in the calm faith and knowledge that all things are wisely governed, and that when we are in the currents of Infinite good all things needful will come to us, without effort or strain, except that which is pleasurable in the exercise of our

faculties? By our struggles and over-exertion we drive results away instead of attracting them. Our main reliance in attracting them should be in getting into their force currents, or in other words, into the currents of Infinite good which can be reached simply by connecting with that interior law which is the Infinite. This can be done through thought-concentration, but it must be persistently practiced if we would *keep* in those currents. Spasms of virtue are perhaps better than its entire absence, but the only sure way to build its compensations into your environment is to build its reality into your characters, and so deeply that it will become a part of your permanent moods.

Permanent success must necessarily be based upon realities. The only permanent reality is virtue—Love—Truth. Trust in the Infinite realities for a day. See if the world will go to destruction in a day of reposeful effort on your part. Still the senses. Rise above the hurry and commotion. Silently say "*peace be still*," and then see to what extent you can maintain such conditions for the next twenty-four hours.

16. "Rejoice Evermore" was the wise injunction of an occultist commonly known as St Paul. That is equivalent to saying Love evermore. How can we love evermore unless we carry our love into acts, the smallest acts, which come in the line of duty? The way to love or rejoice evermore is to carry the right mood with us in all we do. Let us try to carry a mood of loving absorption into every act of the coming twenty four hours. Let us utilize the noon hour as a means of producing that mood to begin with. This mood of loving absorption is the mood of concentration and therefore the mood of power and success. If held to, the forces will be ever busy in infusing life and power into our undertakings. Perhaps new ideas will come to us. If so let us then be duly thankful for this joy of new discov-

cry. Success depends largely upon a constant influx of new ideas, therefore ideas are worth waiting for. The mood of loving absorption during our small acts, is but a method of waiting.

By using only the force that is necessary in accomplishing these small acts, the remainder of our force, being thus concentrated, will be very active in accomplishing successful results for us. It is the mood of success which sends out the spiritual force to accomplish the successful result, for real activity is of the mind rather than of the body. If at present we have only small acts to do, we should be thankful for the opportunities, thus afforded, for these interior thought activities and for the sending out of spiritual forces that will carry us to more important acts and to true success and happiness.

To postpone your happiness till you have become rich, is like postponing your dinner until you have lost your teeth. Good dinners and happy moods help to produce the power to acquire riches. "Rejoice evermore." Begin now and keep it up until tomorrow noon.

17. Moods and Moods. There are happy moods and happy moods. Negro laborers are frequently as joyous as big sunflowers, and they show it every time they expose their teeth; but those moods are not necessarily the moods of success, because of the absence of high ideals and purposes and of clearly defined methods of accomplishment. Moods of rejoicing should spring from a deep cause. They should be scientific. They should be the product of self-knowledge and scientific devotion. They should be the result of the awakening of interior forces, fresh from the law of force within. The awakened soul and cultivated mentality is capable of experiencing, and, through knowledge, of producing at will, interior vibratory effects which coarse organisms could not even conceive of.

As we learn the true science of Being, we will gradually acquire its greater powers and fulfill its higher possibilities. Sometimes it will come through the awakening of undreamed of talents. The occult method of awakening them is worth going to the ends of the earth to find. They have been found by many who were ready for them, simply by carefully studying the four volumes of this occult science library series, or by taking the exoteric degrees of the Brotherhood. That course of study offers a safe beginning in occult development, but should by no means be considered as the ultimate to be attained. "The narrow way" is so important that even only a guide post standing on one leg, to point the way, should almost inspire deep reverence. Many are slow to grasp the opportunities which are within their reach. "Single ideas are sometimes worth thousands of dollars." It is believed that those books contain many such ideas. Hold the thought: *I-will-find-the-true-light.*

18. Awakening Latent Talents. Many persons are so timid, hesitating, apologetic, or conventional, that they allow perhaps their best talents, to lie dormant and inactive. Your talents represent their corresponding brain cells, which you yourself have created, during some part of your previous soul life. Is it fair to keep them in a prison house of inaction when the purpose for which they were created was action? They represent experience and hard earned knowledge—self-knowledge, your crying need. An individual "declaration of independence" will help to release these little pale-faced prisoners, and their innocent glee when so released, will more than repay you for the consideration shown them and yourself.

The Christ said "*The Truth shall make you free.*" Silently hold this thought, and in the meantime let your heart aspire to the condition of freedom thus offered. Stand by the truth unflinchingly, no matter in what form it may come.

To discard all shams and hypocrisies is a method of worshipping God—Truth, by thus standing by the truth. To live shams or lies is to build disease—lack-of-ease, into the body, as well as unrest, unhappiness and discordant vibration into the soul or mentality. It is a method of cursing or of dishonoring God—Truth. “To thyself be true.” Find Truth through thought concentration. Awaken now your latent brain cells and talents in that way.

19. Discard Your Pet Shams. Either discard your pet shams or take the consequences without murmuring. Lies are disease breeders. In a sense, they are the only disease breeders, for the Truth cannot be inharmonious or diseased. It can of course produce or breed temporary unrest while driving out errors, inharmonies or disease. Your health will never be on a permanent basis until it is on the solid basis of Truth, or self-knowledge. Every error, sham, or hypocrisy which you drive out of your life, helps to establish your health upon the unchangeable basis of Truth. It likewise serves to infuse harmony into your every surrounding.

Begin now, by silently and unflinchingly searching for the shams in your life. They are undoubtedly there if you but have sufficient perception, honesty and fearlessness to see them. Ignorance is their cause. Blindness to your shortcomings is a species of ignorance which has severe punishments. Try earnestly to know yourself as you are. As you perceive your points of strength, silently praise them and in time they will blossom out into their native omnipotence. You are a dear good soul, the only difficulty is that you do not understand your own powers. You fear to stake all on the interior foundation of Truth, hence people do not yet know you as you are. If they could but see the Truth shine through you, they would find you absolutely irresistible. Dare to inspire their love in this way. You owe it to them to thus awaken the Divine spark within them, as you

can easily do by first awakening it within yourself. You can awaken it in the silence, by discarding all shams and hypocritical attentions and by letting the bald Truth be seen in your every act. Hold the affirmation: *Henceforth-I-will-live-for-the-Truth.*

20. A Declaration of Independence. *I-AM. The-Infinite-law-is-ever-within-me. I-rely-wholly-upon-this-interior-power. I-worship-it-in-thought,-in-word-and-in-deed. I-will-over-dare-to-stand-by-the-truth,-for-in-doing-so-I-am-only-standing-by-this-interior-law-which-is-Truth. I-cannot-fear-while-relying-upon-its-power. Fear-indicates-a-lack-of-this-reliance. Fear-is-only-ignorance. All-things-go-well. I-will-not-insult-my-own-dignity-and-this-God-within-(from which it springs)-by-living-acting-or-speaking-lies. I-am-willing-to-even-stun-people-by-living-for-Truth,-the-Infinite. I-demand-to-know-the-all-inclusive-meaning-of-the-words-I-AM.*

21. The Occult Art. The Occultist's power, when once gained, can act almost instantaneously. His work is power-gaining rather than power-using. It is only another way of saying that the true purpose of life is character building, the attainment of qualities and of powers. Character always talks. The lack of it also talks. It discloses its own deficiencies. The mule's ears will stick out. The noon hour should be spent chiefly in the attainment of the mood of power. The subjective mind is thus given an opportunity to act, and with power. When the right mood is thus attained the thought forces, then sent out, will act almost instantaneously. It is much like the flashlight process of photography. The main work is in getting ready. The actual work is done almost instantaneously.

The average person spends but little time in getting ready, and as a rule the results of his efforts are but limited. Reposefully study this question in your silent meditations of today. See if you can advance one step in the acquire-

ment of the art of thought concentration, or power gaining. If you do, you will thus add a grain of fineness to the quality of your soul. Every such gain will in time reflect itself in your surroundings. Hold the affirmation: *I-now-commune-with-my-own-soul*, as a means of getting well into "the silence."

22. Why Do We Fail. Statistics show that fully ninety-five per cent of our business men die without a dollar. And yet money acquiring, is perhaps the one main object of their pursuit. How bitter must be their disappointment. Our methods of business life are wrong. The one who sells his very soul, his time, his energies and perhaps his principles, for money, is the one most likely to signally fail in attaining it. The universe is founded upon realities. Its unrealities must stand aside for these realities. To center the whole mind on transitory things is to follow a will-o-the-wisp. Wealth generally eludes the grasp of him who seeks it too ardently. It is a symbol of power instead of power itself.

Our forces must in time be centered upon the attainment of power itself, rather than upon its mere symbols. To attain power is to likewise attain its symbols. It is the only sure way of attaining its symbols. The failures in business life are the natural result of over activity in symbol-seeking. "*Seek-ye-first-the-(interior)-kingdom-of-heaven-(power)-and-its-righteousness* (its rightness with the interior law of power) *and-all-these-things-shall-be-added-unto-you.*" Hold this text in thought during the noon hour as a means of power-gaining, and remember that to do so is no loss of time. Be thorough in organizing victory, and victory thus becomes assured.

23. Organizing Victory. Let us not be too hasty in drifting away from the subject of yesterday. Our work should be continuous, for that is concentrating in its tenden-

cies. Nature is orderly and never takes long jumps. As Americans are lacking in concentrativeness these methods at first may not seem agreeable, for they are overly fond of variety, of abrupt and startling changes.

You have, or at least should have, some purpose which you earnestly desire to accomplish. You can accomplish it if you go about it right. The powers of the Infinite are within you, at least latently. Are you willing to pay the price of victory? If so you can gain victory. Nature's price of victory is but the attainment and use of the necessary power. Your efforts should be backed by your heartfelt desires and by your natural tendencies of mind. There is one place in the universe which the Infinite designed that you alone should fill. No one can take this place from you. You make it by your thoughts. You should live in thought in the place you desire to fill. You thus polarize to the object sought. Your mind is ever drawing aiding forces to you. As you thus use your thought in getting into the vibration of the thing or place desired, you gradually fill it with your vibratory thought presence. You become its master. You have thus organized victory. Your body will not be slow to follow. Whatever you want, in nature, simply pay the price and take it. But beware lest you sell your soul for a mere symbol, or "mess of pottage." Center your thought upon realities. When you make yourself master of the position in life you desire to fill, you may rest assured that no one will then rob you of it. Do I hear you say "Oh I have no opportunities"? Perhaps you have not. You ought to know, for you are the creator of your own opportunities. If you have none it is your own fault. Hold the affirmation: *I-now-aspire-to-the-qualities,-the-powers-and-the-opportunities-which-best-satisfy-my-needs-and-my-relations-to-others.*

24. The Mother Principle. As we are now coming

under the Zodiacal sign Cancer, we can well consider the Mother principle in nature, of which this zodiacal sign is representative. We should aim to utilize, rather than to obstruct, these now active universal currents. Marvelous results are nurtured while the sun is in the sign Cancer. The growth of vegetation now takes on its active though embryonic state. The minds of people become dominated for the time being, with at least more of the motherly, caring for instincts. Wonderful occult powers can now be nurtured within the breast of man. I say breast because the Cancer or mother influences are representative of the breast.

Have you not some purpose or some acquirement which you wish to nurture into fulfillment? If not, you ought to have, and now is the time to avail yourself of the helpful universal force-currents. Let us silently hold our purposes in the womb of thought, and realize the urgent importance of producing and maintaining the right moods during this prenatal state, lest the birth disclose the murderous marks of Cain. Let us entertain no ugly or hating thoughts which would be destructive to others, or ourselves. No one can afford to do that. The divine spark is what we should nurture.

25. How to Invoke Cancer Influences. Silently and reposefully hold the following thoughts, viz: My higher self is my true Cancer mother. Its motherly instincts are constantly caring for me. It brought my soul life into being and broods over me as would a "hen over her hone chicken." It inspires me with my best impulses, and actually feeds me with an exhaustless supply of vibratory sustenance. In invoking the Cancer universal currents I have only to deal with the within, for that is my true source of universal supply. One of the most important things for me to fully learn is that the universal and Infinite Father is within. I cannot find it in the without, except to the extent that I have first

found it within I will try to do that now by using the following affirmation viz: *I-now-invoke-the-motherly-caring-for-instincts-of-my-higher-self. It-supplies-my-every-want. It-carries-me-to-truc-success. It-sustains-nurtures-and-protects-me-in-all-things-now. I-praise-it*—————.

26. Circumstances. Multitudes of people have been attracted to the metaphysical philosophy through its power to heal disease. Its principles are ever gaining followers through the actual demonstrations of power which come in that way. Thousands have been healed, even by those who do not yet understand its deeper principles. There are many thousands who have also been more or less successful in applying the philosophy to the accomplishment of business results; but as a rule it is found much easier to apply it in healing. Most anyone with even only a slight knowledge of it can do that.

The majority of people feel the burdens of life in what might be termed their circumstances, fully as much as they do in the matter of health, and one reason our work has been so successful from the start is that our four volumes show how to accomplish results in all business and art. This noon hour practice has also greatly aided students in the actual accomplishment of results through the applications of the principles which those books explain. Let us ever try to be practical and to *apply* principles as fast as we learn them. We never can get a *complete* knowledge of occultism until we get absolute command of its omnipotence. "Knowledge is power" even to the point of that omnipotence. Let us silently say, in the language of "Solomon," "Give me wisdom," for that includes everything.

Be silent until your mind gets steady and then try to better appropriate the knowledge you already possess, by making it more and more a part of your active self. Constantly study in this connection the four text-books of oc-

cultism above referred to. It is possible for you and *you* and *you*, to transmute into gold, the principles and methods they explain.

even
Thursday

27. The Best Will Occur. First get your mind steady. Then reposefully and slowly read the four words, *the best will occur*. Re-read them still more slowly, and again even more slowly. Then take up a pencil and write the words just as slowly and reposefully as you can. Then silently and still reposefully put to yourself the questions. Is that so? Can they be true? Why is it so? Who, or what, runs the universe, anyway? Can the ruling power be fully trusted? Is there any need of my worrying? What causes do I set up when I worry? Is it sacreligious and a crime against myself and the infinite powers within, to worry? Why?

Go over these questions a second time and then go over the whole process and see if you don't come out of it feeling better. Remember it is a process you can repeat whenever you feel discouraged or unhappy, and is one method of bringing the occult philosophy to bear upon your moods and your circumstances. Ponder over this during the coming twenty-four hours.

28. What Did I Do Yesterday. Ask yourself how you spent the noon-hour yesterday and if it brought you any help or comfort. Did you use those words "the best will occur" in any of your affairs during the afternoon? See if you can call up some of the vibratory effects produced during the noon-hour yesterday. One secret of occult power is to do this. You should learn how to start a vibration, and how to then follow it up and live in it. You started a vibratory effect yesterday by the words "the best will occur." You started an effect which will help to make those words true in your own external life. How true, depends upon your ability to follow them up by other vibrations or thoughts of the same kind.

You are using the noon hour today in adding to that vibration. It is possible in this way to change the entire attitude of your mind, and as you do that your forces will thus become moulded into new forms and will flow in more harmonious currents. Your outward environments will begin to mend and you will constantly get proofs, in results which come to you, of the truth of the underlying law. You thus get into the thought currents of Infinite good, where the best *always* occurs. Reposefully re-read the formula of yesterday.

29. The Past. As a rule, nearly all the letters we receive contain voluntary acknowledgements of the inspiration and helps received through the instrumentality of this work. If we were to publish these testimonials in a book, it would necessarily be larger than all of our other publications put together. We sometimes think that such extracts from these letters would offer encouragement to others who are trying to learn and practice the same helpful methods, but it might tend to withdraw their attention and reliance from the all important principles, to mere evidence and authority.

Can you not accept our simple statement that our correspondence as a whole seems to establish the fact that people always get proofs, helps, demonstrations and evidences to the extent that they apply the principles, and that our methods offer much tangible help in the application of those principles? After all, it is proper that each one should get his own proofs, and not rely too much upon the experience of others. Silently review your experience in thought concentration during the past month, and if possible extract from it something that will be of service in your further efforts to master its art. Try to get the true methods more clearly outlined in your mind. You must

appropriate this knowledge of occultism so thoroughly that you can use it.

You have within yourself the latent power to obtain all things; but this power must become active, through knowledge and use. There is nothing that can become yours until you can get command of the power to obtain it, and there is no person, thing, or power, that can permanently take it away from you after you have thus got command of that power within yourself. Learn how to carry God with you wherever you go. Learn to carry yourself with the grace and devout dignity which that sacred trust should inspire.

30. The Future. Next month will be here tomorrow. What are we going to accomplish during that month. Are we in the maudlin condition which is willing to be ruled by psychic or other outside influences, even by "the stars," except perhaps to the extent that their will is ours? Then what can we do to become master, instead of slave. We can rely upon the God within. But how? Through thought-concentration and otherwise. We can use these noonday methods of calling up from within ourselves, more force, more life, more power, more happiness, more reliance upon the power of thought, and the improvement of every quality and faculty we possess. Who could ask for more. Even a God could not supply us with more or better facilities for accomplishment and happiness than we now have. But what use will we probably make of these facilities when tomorrow comes. Will we forget all about these practices and drift along with the tide as before? To drift is to go down. Fluids run down instead of up. To aspire is to overcome the drifting and downward tendency of gravity.

Let the following sentence ring in your ears and burn itself into your deepest consciousness—its true home, viz: *I-will-love-the-Lord* (the law)—*my-God*, for at least one month.

The Leo Love month will soon begin, therefore it is fitting that we should seek and find the wisdom, the power and the happiness which Love alone can bestow. Let us learn the magic art of gaining the quality, or essence of Love, as well as its resultants.

To STUDENTS of OCCULTISM.

We have now instituted an Occultists Preparatory Course of study, which, during the summer, can be taken thorough correspondence, or otherwise by properly qualified persons who make application at once. This thorough course is designed more particularly for those who wish to teach, write, heal, form branches, or become workers and leaders etc, in connection with our church and other work. Past experience, as well as scientific reasons, convince us, not only that these and other extensive preparations on our part will be more than justified by an early outpouring of results, but also that every earnest and competent worker, who is properly prepared, will be assured of abundant success in this already successful work. There are \$225.00 worth of books and equipments, in addition to the teachings, Brotherhood degrees etc, which are included in this course, therefore the \$125.00 cost can be quickly gotten back, even by those who devote but sundays, or a few evenings, to the work. As the teachings alone are worth the entire cost, no doubt there are many who, though already occupied, will take the course for the knowledge and power thus obtained, and then give away the \$225.00 worth of books simply as a means of doing good.

NOTE.—We recommend that our four volumes, or text books of occultism (by Ernest Loomis, price \$1.25 each) and also Eleanor Kirks "Influence of the Zodiac upon Human Life" be used in connection with these daily subjects.

[NOTE.—This series of daily subjects began in the March, 1899, number, the opening issue of volume VI. All back numbers can be obtained at 15 cents each.]

Daily Subjects and Drills for the Universal Church of Silent Demand.--Continued.

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I. Cancer Currents. In the attainment of thought control and power, every practical help should be utilized. But these helps should be ever held as subservient to the main help and work within ourselves. The Zodiac is representative of the general, or universal currents of force. The character of these general force-currents may be known by those who understand the esoteric meanings of the various Zodiacal signs, and of the planets, as well as the combinations produced by the relative positions of the planets.

In preparing these helps to concentration, it is desirable that the signs of the Zodiac and the corresponding general force-currents should be taken into consideration, that we may go with the tide, rather than against it. But it would seem to be a mistake to herein attempt any exhaustive explanation of the influence of the Zodiac.

These helps are given for the sake of the individual members of the Brotherhood, instead of for the sake of Astrology. Your attitude toward Astrology and toward all other systems of correspondency which seem to emphasize the doctrine of fate, should be something as follows, viz, "I am very willing to even thankfully accept your helps, but I propose to put you on your good behavior. If you want

my co-operation you must bring good things *only*. As soon as you undertake to bring evil things I will forsake you entirely, for the God within, through which I will exercise my rightful powers of mastery over fate. I wish to make the road to mastery as easy as possible. That is why I accept your co-operation to the extent that it is helpful." Let the noonday affirmation be: *I-now-seek-the-mood-of-self-mastery. I-connect-with-the-currents-of-universal-Good-only. I-am-master.*

2. Lunar Changeableness. The Zodiacal sign Cancer is said to be governed by the Moon. The Moon is very changeable, therefore its cancerous forces can be helpfully utilized in making those interior adjustments which better polarize our forces to the higher self, or to that interior law which is changeless. We should be especially careful just now, lest we change from that which is already right, or "jump from the frying pan into the fire" lest we "fall from grace" by forsaking the true basic principles of occultism. Do you think you can stand by the principles of thought-concentration during the entire month? Do you propose to observe this noon hour practice each day during the month? If you do, you will probably make more real progress than at times when the general force-currents are steadier. It requires many storms and winds to thoroughly fortify the roots of an oak tree. Your strength needs tests as a means of making you the conscious master of your forces and your fate.

If during this month of complex force-currents, you fail in the mastery of your own forces, do not be in the least discouraged, but "try again" in the observance of thought-concentration etc. You do not really fail until you give up, and the way not to fail is to never give up. Temporary failure should bring home to you the lesson of your need. Even that lesson is progress. There *is no failure* to him who

constantly tries. Such a thing is imposible. The souls principles are unconquerable. No adverse circumstances can subdue them. In their strength you can subdue all adverse circumstances, thereby becoming master of your forces, of yourself, of your higher self—the highest work of God. Hold the affirmation: *I-am-unconquerable. I-conquer all-obstructions-to-my-highest-growth. The-I-AM,—or-higher-self,—is-my-sole-reliance.*

3. Cancerian Complexities. As Cancer is ruled by the changeable Moon, it is not strange that persons born in that sign (June 21st to July 22nd.) should possess many complexities of organization. Their interior sensitiveness and the consequent tendency to defend it, often causes them to seem harsh. So also does the "hen with one chicken" seem harsh in her motherly efforts to defend it. This cancerian mother principle is not really harsh, but very tender, and kindness and love is all that is generally necessary to bring it to the surface. Cancer is a watery sign, and hence its children often seem cold and unresponsive, but beneath their mother love, are instincts which need only a thought-child of high purpose and stability to bring out a wealth of affection and responsiveness.

We each of us have our complexities of organization and now is a good time to try and harmonize them through thought-concentration. The Moon-like changeableness of the now prevailing Cancer magnetic influences, make it easier for us to fall from that which is right, if we are not well fortified, but if we will but become fortified through concentration, by the harmonizing stability of the higher self, it makes it all the easier for us to fall from our mistakes and imperfections into the orderly workings of natural law. This will serve to illustrate how points of weakness can always be made points of strength, and how trials offer opportunities that can be transmuted into achievements.

Every faculty and every weakness is improvable. Hold the thought: *I-adjust-my-imperfections-in-accordance-with-the-absolute-universal-principles-of-my-higher-self.*

4. Sensitiveness and Tenderness. Cancer people are not the only ones whose sensitiveness sometimes becomes a disease. After throwing yourself into the occultists mood of repose, wherein you feel the over-shadowing presence of the higher self, then meditate upon this subject of sensitiveness and see if you cannot remember instances in which your "poor little feelings" have, through ridicule or otherwise, caused you to swerve from that which is right. Do you tell "white lies" simply to avoid giving hurts, or is it because you are too cowardly to speak the truth? Do you pretend to that which you are not? Would you fear to expose your inmost secret thoughts? Do you make pretenses of friendship which are unreal? Do you profess to have received pleasure at times when you were only bored? Do you indulge in the many conventional hypocrisies which courage and a reliance upon Truth would enable you to avoid? Do you submit without protest to the tyrannies of uniformed officials, or those behind glass windows, or iron bars? Do you forego the attainment of knowledge by asking questions, for fear of exposing your ignorance? Do you distrust principles of life which are self-evident? Is there not many ways in which you are thus bullied into things which are unsound in principle, and simply because of oversensitiveness or cowardice? Let us try to root out our imperfections and to be sensitive only to the Good and True. Hold the affirmation: *Truth-is-my-life. I-rely-upon-it-implicitly. My-interior-principles,-my-tastes-and-my-aversions-to-untruth-are-holy-and-sacred-to-me. I-stand-by-them.*

5. Feeling. Each individual should understand how to educate and control the feelings and affections. Thought control and the attainment of the right moods, is dependent

largely upon the practice of that art. Lack of control of the feelings is liable to lead to outbursts at the wrong time, when the consequences would be almost as disastrous as would be the explosion of a steam boiler. These human feelings when properly controlled, offer a base of power for spiritual growth and accomplishment.

This is a time of year when conditions are naturally stimulating to the feelings, and when their control, or its opposite, would be most prolific in results good or bad. Let us seek the perfect mood, the mood of success, of power and of happiness. Then let us try to maintain it for the next twenty-four hours. If this method of thought concentration is successful, even to a slight degree, during that time, then the same rule holds good on other occasions and accumulates in effectiveness, as power is thus gained. Hold the thought: *I-control-my-moods. They-cannot-control-me. My-soul-is-invincible.*

6. Sympathy. You are responsible to the Infinite (interior law,) for the use you make of your force. Sympathy is force. It should not be given indiscriminately or promiscuously. A great lesson for each to learn is that sympathy should be withheld at times. A greater lesson for each to learn is that the Infinite is the only safe reliance in times of need. You do others an injury if you teach them to lean upon you instead of upon the Infinite within. Temporary external help should of course be given at times, but in accordance with a principle, instead of in response to "sand-bagging" demands upon an uncontrolled fountain of sympathy.

True help is to help others to help themselves. That is the method of infinite law. When on a high spiritual plane, try to reach still higher. Carry others with you, instead of allowing them to drag you down to a lower level, through injudicious demands upon your sympathy. Words of truth

which bring others into right relations with their own souls, are more kindly than to merely cry with them for company, when they are in the wrong. Hold the affirmation: *I-control-my-sympathies-and-my-forces. I-give-sympathy-wisely. I-am-just-to-myself-and-all-others.*

7. Maternal Love. The Cancer maternal influences and tendencies should inspire us to be faithful in tilling that spot of ground which nature left in our keeping. This means that we should be true to ourselves and to our own forces. Injustice to self necessarily means injustice to others. You cannot waste your forces, or sacrifice yourself, without cheating the world of that which you should contribute to the general good. You best serve the world by truly serving yourself, and vice versa.

Begin now with high resolves and a noble ambition and then nurture that ambition day by day in the maternal womb of silence, and you will at length gain the power to fulfill your fondest hopes. The true occultist knows no such word as fail. He deals with causes and therefore has consequences under his own control. Thought concentration is an ever available method of gaining powers and results by thus dealing with causes. Hold the thought: *In-silence-I-gain-the-power-to-fulfill-my-true-mission-to-myself-and-others.*

8. Maternal Covetousness. The maternal instincts sometimes combine with hoarding or covetous faculties. These instincts pertain to the offspring of our thoughts and heart's desires, as well as to physical children. Now is a good time to adjust ourselves to higher standards in these respects. Do we hoard or covet mere material possessions and other symbols of power instead of power itself? Do we neglect to exercise our maternal instincts in duly prizing those treasures of character and fundamentals of power which

pertain to the eternal? Are we living for the eternal instead of for things that are temporal? If so we are all the more likely to gain both. The one is the reality and the other its symbol. Character building or force-massing should be our constant work, and now that the external conditions are so favorable, let us "spread the wings" of our maternal instincts and hover over the all-important principles which pertain to true thought concentration, thus gaining in force, in power, in happiness and in all that the heart holds dear. To concentrate upon mere symbols tends to interfere with the harmonious action of the forces. Hold the thought: *I-now-forsake-mere-symbols-for-their-realities-and-thus-gain-both. I-polarize-my-forces-to-the-best-and-the-true. My-own-will-come-to-me.*

9. Depressing Psychic Currents. The complexities of character and sensitiveness of persons who are born in the Zodiacal sign Cancer is to a large extent caused by their susceptibility to external psychic forces and the force-currents or magnetic rays which come from the Moon. It is common for them to become depressed after sundown and especially at full moon periods. Nearly all of their mistakes and shortcomings are but the results of coming under the temporary dominion of harmful external force-currents and psychic influences. The remedy is therefore in polarizing their forces to the within, to the higher self, to that law of life which has so abundantly endowed them with natural talents and virtues.

Chapters could be written upon this subject, but space forbids, therefore suffice it to say that a majority of people are greatly lacking in the true interior polarization of their forces and consequently are greatly in need of the helps which may be obtained through co-operative thought concentration; and especially is this so at the present time when the psychic and Moon forces are more potent than

usual. Hold the thought: *I-now-draw-upon-the-inner-vibrations-only. They-are-my-life,-my-strength,-my-support,-my-inspiration-and-my-defense. This-law-(or Lord)-is-my-shepherd. "I-shall-not-want-etc."*

10. Cancers and Tumors. The sign Cancer pertains to the water and also to the Mother principle in nature. Where this overshadowing, caring for and sometimes hoarding maternal tendency becomes excessive, it necessarily produces disease, or inharmony of the forces and is liable to function in the breasts or abdominal regions as tumors or cancers. There are people whose external circumstances closely resemble these cancerous conditions. Silently examine your own interior and external conditions and see if you can find any such symptoms. If you are setting up such causes you may know that the consequent conditions will function sooner or later in your life or environments. Remove the cause by practicing the true principles of occultism and you need have no further concern about such consequences.

You must polarize your forces to the within, or suffer the consequences. Are you now under the dominion of external forces? Are you simply drifting? Are you building harmful external psychic forces etc., into your consciousness? If so you must in time build them out again. "Thus saith" a law which is unchangeable. Extremes of feeling, dreams etc., are indications that your forces are running riot and that harmful external forces are acting upon you. Thoughts and feelings lead to acts and results of their kind. "Whatsoever a man soweth, that shall he also reap." Are you reaping all that you desire? Then sow the right seeds by getting command of your forces. Hold the thought: *I-now-polarize-my-forces-to-the-within. My-environments-are-now-being-transformed. "I-will-be-what-I-will-to-be."*

11. Social Aims. Man is fundamentally a social being,

and to try to be otherwise is to oppose and obstruct the workings of natural law. That within which gives him his social instinct is therefore a reality and not a sham. Our social vibratory fabric should be based upon these inherent principles of true friendship and universal love, instead of upon counterfeits and mere pretenses. Each individual should take the initiative in discarding counterfeit social associations and thus pave the way for something better. So long as we cling to the old, we are not likely to be blessed with the new. To cling to shams is an indication that we are as yet unfit for realities. There is in the heart of every rightly constituted person a craving for true companionship.

Through co-operative thought let us now set up the causes and manufacture the force-currents which will bring us our real friends. Let us hold in thought the perfect ideal of friendship and companionship. So long as we are to produce the causes, we should produce exactly what we want. In constructing a house in which we were to live, if unlimited in material and cost, we would be foolish to choose only a log cabin. Man is unfit for perfect companionship until he has become practically independent of its necessity, or until he can get it by communing with the God within himself. True companionship is not ownership. It seeks not to limit the happiness or liberty of the loved one. The soul justly demands freedom as well as love. Let us commune with the God within and thus create, through co-operative thought, the thought-currents which will bring to us His reflex. Hold the affirmation: *My-own-will-come-to-me. I-now-commune-with-my-highest-ideal-friends.*

12. Idea-breeding and Self-teaching. Idea-breeding is largely a matter of throwing yourself into the reposeful mood of true thought concentration. It is a matter of tapping the fountain-head of Truth within yourself, or of con-

necting with your higher self. Every great success is founded upon a good idea. Ideas are worth waiting for. The occult methods of so "waiting" insures an ever increasing influx of good ideas and also creates the power to carry them out. Our lives might thus be made much easier than they are. By over-activity we drive ideas and results away, instead of attracting them. To beginners, the practice of thought-concentration may seem prosy and unproductive, but as the art is gradually acquired it becomes a delight, because of its results. It harmonizes the forces, thus producing health, power and happiness combined.

Let us polarize today to the thought of gaining useful ideas, or wisdom, and upon some particular line in which you are interested. First get the mind steady and as you concentrate the thought upon the purpose of idea-getting keep it in a waiting reposeful attitude, and hold the thought consciousness within yourself instead of letting it drift. If valuable ideas do not come during the first trial, they will as the process is repeated, if the purpose is properly held to. The method is simple as compared to the results to be obtained. Let us know what results you obtain, that we may from time to time through this publication, give further directions, hints and general helps which will apply to your specific needs. Do not be satisfied with a single idea, but practice until you can obtain for yourself a constant flow of ideas upon any given subject, for the same rule will bring a flow of vibratory force as well.

13. Independence. Let us produce within ourselves an attitude of strength and higher-self-reliance which is able and willing to stand upright and to hurl Truth into our every surrounding. Let us search for the rotten outside props on which we have perhaps been leaning, and either discard them, or if worth keeping, then infuse into them the more direct interior reliance upon Truth and reality. If they are

entirely lacking in Truth and reality, then be deceived no longer, but get down to a hard-pan bottom of reliance upon the interior Infinite.

Are we clinging to sinking ships? Are we relying upon property which is hopelessly mortgaged for more than it is worth? Are we squandering valuable time and our God given life forces in a penny business which keeps us from larger possibilities and true success? Let us silently "read the riot act" to every such circumstance, and cut off from every person that has, perhaps, bullied us into believing that we have no power to become more useful, successful and happy. The world will, as a rule, accept the valuation we place upon ourselves. Let us value ourselves at our true worth. Let us awaken to our higher possibilities. Let us create powers and opportunities through thought-concentration. Let us no longer disown our inherent powers and thus dishonor their giver. "On thyself and God rely." Trust and try. Hold the affirmation: "*I-will-be-what-I-will-to-be.*"

14. Fate. Thought can be made a voluntary process. If this were not so, the magazine and newspaper publishers and to a lesser degree all business men, would be in a sad plight. That it can is self-evident. That man can, by choosing his objects and methods of thought, thus modify if not rule his fate is also self-evident. Every thought faculty is improveable and by definite, scientific methods. This implies that we can, within reasonable limits, make of ourselves what we please.

The general workings and exactness of universal law from whence comes the doctrine of fate, is wonderful, but the laws of self-mastery are more wonderful. "Bodies attract each other in proportion to their size, density and distance apart" is a philosophic law, but the influence of these external bodies, even of the planets, upon human life, are at

best but magnetisms or vibratory effects. Man has the entire law of vibration within himself and attached to his thought, as well as to his other vibratory forces. It can be reached and awakened into action through thought, thus offering him the ever available means of awakening interior vibratory effects which would *neutralize* the effects upon him of the external planetary magnetisms etc.

Think of this deeply and thus settle once and for all the doctrine of "fate," so that its generally accepted fallacies will not prevent you from becoming the master of your fate. Learn in the silence the occult art of "ruling your stars," and if the impulse come to you to silently "hurrah" for the unchangeable interior vibratory law which gives to each the power to finally master himself and all things, then yield to the impulse heart and soul, for you thus praise the giver of your life and of this power.

15. Wealth. Character is wealth. Build character properly and all things needful will come to you. Character-building is but the awakening of vibratory forces, through co-operation with the *law* of force which is within yourself. Who then can truthfully say "I have no opportunity to build character" and thus create power and wealth. There *is* no failure when wealth is sought in this way. True success comes slowly, because character is the slow product of patient, methodical application of the force-creating laws of thought. The silence is its most productive field.

As the mind becomes steady and the senses still, power will at length come like the currents of a mighty river, and it can be frequently exercised almost instantaneously. The Christ said, "be thou healed" but the power to make those words effective involved the slowly acquired knowledge and training through which his "regeneration" became possible. Whatever you want is yours if you will but pay the price of power gaining. Vibration is power—the only active power.

The universe is built upon its realities. If you would attract real wealth, then make of yourself a thoroughly organized magnet of vibratory power. Exercise the power thus gained, in the direction of your individual tendencies. Unify your forces. Hold the thought: *I-now-give-my-vibratory-forces,-previously-sent-out,-an-opportunity-to-return-to-me,-laden-with-the-things-my-heart-most-desires.*

16. Culture. As all true outward success is based upon character and self-improvement, it follows that our silent efforts should be centralized almost wholly upon the attainment of qualities and powers. Self-improvement is always possible, because it is the result of our thoughts and moods, and thought can be exercised voluntarily. A scientific character delineation would disclose the tendencies of your mind, and also outline specific methods of over-coming your deficiencies and of making the most of your talents. Our Brotherhood degrees are but formulated methods of self-culture. Occultism offers methods of placing success and character-building beyond the range of uncertainty. Its methods are specific, exact and scientific. Those who duly exercise their power to think, in the consideration of occult laws and methods, will no longer be doubtful of their efficacy when properly applied. Thought concentration is in itself an effective method of self-culture. Silently consider the subject of self-culture, and firmly resolve to find and follow the best methods in its attainment. Hold the thought: *I-am-a-child-of-God. Self-culture-is-my-method-of recognizing-the-God-within-myself. It-is-the-true-method-of-fulfilling-the-first-commandment-of-love-to-God,-and-of-manifesting-my-inherent-God-powers. I-worship-its-image-into-manifestation. My-thought-densifies-until-my-ideals-of-perfect-manhood-and-Godhood-become-manifest-as-one.*

17. Resources. Try to look into the unfathomable depths of your own soul, and if possible bring to the light

of consciousness, through recognition, the hidden wealth of power which lies so near to the heart of God's omnipotence. Your opportunities for thus increasing your external resources are always at hand and limitless. They are self-created. Your universe is a spherical fuse-like interior force-current, one end of which is fastened to that Infinite law of force which lies at the center of your Being. The other end is your external thought consciousness through which this force-current is gradually unwinding and creating for you an ever enlarging sphere of circumstances and environments, which will, in time or eternity, fill all space, until finally you become conscious master of the omnipotent law of force—your higher self. It is a matter of power gaining through self-recognition and co-operation with the law of force. Silently try to comprehend the general process and also the short cut to high attainments. This is only suggestive but it is hoped that many will be able to read between the lines and awaken to a higher understanding of the powers to be gained through thought concentration. Affirm as follows viz: *My-supply-of-force-is-from-within. My-interior-resources-are-limitless. The-law-itself-is-within. I-am-that-law.*

18. Recreation. "The bow always bent soon loses its strength." The mind constantly kept laboriously active in one channel, soon becomes incapable of receiving new ideas, new inspirations and new force. The law of force explains why. The law of force is likewise the law of thought. That is why new ideas come with every influx of renewed force. Occultism teaches these force-creating laws of thought, and offers methods through which an influx of ideas and renewed power becomes a daily experience. These methods should be sought, mastered and conformed to. They are methods of thought concentration etc. Daily thought concentration is a method of waiting for ideas and

power. Longer monthly and yearly periods of rest, for the purpose of renewing or re-creating the supply of force, can also be advantageously observed.

The power to temporarily dismiss all business thought, has brought abundant success to many a business man. Vacations, as well as sleeping or eating, have their place in every life. Let us desire and demand the opportunities and wisdom to recreate. Recreation is a process of reorganization which has power to enhance every pleasure and every capacity. Let us, as a Brotherhood, polarize to the thought of meeting yearly at some suitable place or places, and build for ourselves conditions for pleasure, rest, and recreation such as no summer resort at present offers. Recreation is an art which the true occultist isn't likely to neglect. Hold the thought: *I-demand-for-myself-and-all-others,-the-best-possible-opportunities-for-recreation. I-now-set-up-force-currents-which-will-carry-me-to-those-rare-souls-and-choice-conditions-which-best-satisfy-these-my-needs-and-desires.*

19. Illusions. It would be desirable to utilize silent thought-concentration today as a means of discovering and eliminating from our minds, the various illusions which through our ignorance have perhaps crept into our habits and lives. We might begin with our ideas of occult principles. In what ways, if any, have we failed to properly apply them, or to reap benefits from their application? Look the matter squarely in the face and remember that the Truth is able to stand without being bolstered up by us. But what about our conception of the Truth? Is that also able to stand? If not then the sooner it falls and we discover these illusions, will we obtain for ourselves the firm foundation of Truth.

Basic occult principles have their applications to everything in life. To the extent that we neglect, or fail to apply them, will we find, sooner or later, that we have been living

in illusions. True occultism is a religion which can be advantageously lived every day in the week. Its essence is scientific devotion, and thought concentration is its main method. Power thus gained is an ever-available reality. Illusions are its absence or opposite. Hold the thought: *I-will-make-practical-my-highest-conceptions-of-true-occult-principles. I-develop-power-daily. I-use-it-for-the-good-of-all. I-am-Truth-manifest.*

20. Inspiration. The true occultist *stays* at home with the few causal laws within his soul from which he derives his powers. He perceives the unity which prevails throughout nature and therefore understands that in holding to basic principles he becomes in time the happy possessor of all their powers and satisfactions. He knows where and how to look within and find true inspiration. He uses books and other outside props simply as a means of starting the interior wisdom-currents of force, which bring him direct, all and more than the books themselves contain

How fortunate is he who thus uses things, events and persons as an aid in coming into oneness with the creator of all; never for a moment forgetting that they are but aids and that to thus exercise absolute fidelity to this interior power is to give as well as to receive its priceless blessings.

Can you not catch a clue to the occultists methods of thought-concentration through which he draws inspiration, life and daily sustenance from "the tree of life" within himself? Try in the silence to perceive its true esotericism. Hold the thought: *I-demand-to-know-and-find-the-source-of-my-inspiration,-my-happiness-and-my-power. I-demand-to-know-the-esoteric-meaning-and-power-of-thought-concentration.*

21. Home Love. True Occultism aims to strengthen, rather than to weaken or crush out the human loves and instincts. We cannot permanently "kill" our so-called animal desires and powers. They are with us to stay, because

needed as a physical base for the expression of Divine Love upon the human plane. We can and must convert the animal into a God and it is already that inherently as is shown by its tendency to evolutionize. Desire is but un-instructed Love. Human love, by changing its attitude, becomes transposed into new forms of greater beauty. Its circle of manifestation will gradually enlarge until the universe is included as its family and objects of affection. The true home is within the self—the home of the soul, and it is by recognition of the all-related self that its universal relations are perceived.

Let us silently contemplate the subject of the home loves and see if our souls cannot conceive of methods that will make these interior instincts more of a bulwark in our character building. Let us carry the artistic instincts of spirituality into every act which relates to the home. Thus we may give and receive a constant flow of force and happiness in this place where so much of our time is necessarily spent. Hold the thought: *I-now-wait-for-the-spirit-to-teach-me-the-true-methods-of-life-in-the-home. I-invoke-the-divine-blessings-upon-my-home-life. I-invoke-divine-strength-as-a-means-of-making-my-home-all-that-it-should-be. I-will-try-to-do-my-part-wisely-and-well.*

22. Love. Now that we are in the Zodiacal sign Leo, the universal currents are becoming more and more favorable to things which pertain to Love, because Love is a basic universal principle which underlies vibration and its every product; therefore by properly adjusting our lives in this one particular, we become gainers in every external way. "Love is the fulfilling of the law" of all things. Show me the one whose perfect Love fulfills Love's ultimates and I will show you one who fully manifests the omnipotent law (within) called God. To the degree that we fall short of that finality are we in need of that knowledge concerning

Love which makes the consequent self-adjustments possible. We can get this knowledge in the silence, through thought-concentration. That is the true method of finding it. Put it into operation now. As the mind and forces become quiet, hold the affirmation: *I-now-rest-in-the-strong-and-eternal-arms-of-Divine-Love. My-love-faculties-act-harmoniously. Their-action-gives-me-a-consciousness-of-peace,-power-and-happiness. Love-now-teaches-me-its-laws.*

23. Universal Love. He who said of Love that "all other pleasures (if there are such?) are not worth its pains," seemed to have some conception of vibratory law. Vibration is Love manifest. It is all there is of manifested life. Our Love should become universal. Anything less than a universal Love is "but the tent of a night," for the law of Love is the one causal universal law of all things. It therefore has all persons and all things in its keeping. It is amply able to care for its own. An attitude of universal Love will gradually free us from all pain. Painful action of the sympathies is its negative action and implies a lack of faith in the all-sufficiency of the law. Let our efforts be to escape these pains and penalties caused by the reversed action of our benevolent impulses or love faculties. In that way we will, in the exercise of this supreme mental gift, receive and give pleasure *only*.

Let us silently unite now in sending loving pleasurable and helpful thoughts to everybody. We will thereby set up the causal thought currents which will bring others into more helpful and companionable external relations with ourselves. The thought powers of one mind are tremendous. The multiplied power of many minds are helpful to a degree that is now but faintly perceived. High motives send out thought forces which partake of the constructive powers of universal Love. Their far reaching mission thus becomes fulfilled. Hold the thought: *I-love-all. All-are-parts-of-*

myself. I-desire-their-companionships-and-co-operative-helps.

24. Love Thyself. To truly "love thyself" is to love the supreme, for the true or higher self is at one with the supreme. To so love thyself is God's method of fulfilling the first commandment. But our self-love must of course be instructed as to what the higher self truly is, that its ultimate relations to all others may be comprehensively understood. Our individualism then becomes governed by the universal law of Love as a matter of self-protection, or as a matter of protecting those related parts of the self. Morals and ethics are founded upon the universal law of Love. So also is individualism; and until man finds it out he will never become unwaveringly moral and loving. His inherent individualism (until so instructed as to its oneness with Love) will offer opposition, and make of his mind a house divided against itself. The wonderful powers of occultism become possible only through that self-knowledge which teaches these united principles; and so thoroughly that the mind forces become perfectly united in their then intelligent efforts to co-operate with universal law. The mind then manifests the powers of unity. Let us silently love ourselves, our minds, our good qualities, our bodies and also the circumstances which offer such splendid opportunities for self-restraint, self-control and the exercise of accumulated strength. Thus from truly loving them in one we learn to love them in all, through the knowledge that all are in reality but the *one*.

25. Passional Love. It seems difficult to conceive how one who truly loves himself, and who has even a faint perception of the powers and satisfactions of true Love, could consent to waste the sex-forces by exercising his passional faculties without due restraint. And yet in most cases the passional or amative faculties are deficient rather than too large. Most every case of nervous prostration, of billiousness and of

a long train of chronic and other diseases, is the direct or indirect result of the reversed or abnormal action of either this faculty or of the faculties which relate us to concentration, to foods and to drink.

There is a science and art in producing just the right action of the amative faculty, so that it won't sow passional seeds which would clog the body and mentality with low or slow vibrations. This is about the only faculty which is active during sleep, as all physiologists know. Our fifth, sixth and seventh degrees, of the Brotherhood, in addition to many other important helps, aim to show how to produce the right action of this faculty; and particularly at bed time when its harmonious action is so important. Mantrams are given for that purpose and for the related purpose of keeping the mind free from the harmful action of external psychic forces and force-currents during this otherwise unprotected mood of sleep. Hold the thought:—*I-will-learn-and-obey-the-esoteric-and-true-methods-of-producing-the-right-action-of-my-passions-and-appetites. I-will-convert-their-powers-into-happiness,—spiritual-strength-and-useful-results.*

26. Charity. The three qualities of faith, hope and charity are important. "But the greatest of these is charity," or the manifestation of that true universal Love which includes these other qualities. Try today to discriminately review the habits and methods of your life in reference to this one faculty and quality. Think of the basic principles involved, and of the reasons why your charity for your own and other peoples temporary shortcomings, should be as universal as Love—your life, is universal. Think of the infinite promise and limitless potentialities and possibilities which lie hidden within the humblest heart. In truly and understandingly loving them in others, you are but manifesting them within yourself. The true method of evolution is to reach out through Love to all, and thus bring

them into right relations with yourself. Power thus gained for yourself is but the loving dominion of that interior law which is God, or Love. Hold the affirmation: *God-Love-is within-me-and-within-all. I-love-it-in-all. I-manifest-its-powers-in-loving-service-to-all.*

27. Worship. The subject and drill of yesterday brings us to the point of invoking the blessings of the omnipotent, (within) upon the loving thoughts of charity and good-will therein awakened. Let us spend the hour, or at least part of it, in silently worshipping the supreme power within ourselves and within all others. In this way we may obtain for ourselves the calmness of power, and then manifest it in our reposeful and efficient acts. Moods thus engendered naturally find spontaneous expression in kindly acts which break down the barriers of opposition to our just purposes, at least in the underlying realities or force-currents. The art of scientific worship or of power-gaining through thought concentration may require long and persistent effort and training, but it is worth all it costs. Its compensations are illimitable. How can we reasonably expect to overcome in a minute, or day, or week, the diffusive force-scattering habits of a life time, if not of many lives. The greater the difficulty in overcoming, the plainer is shown to be our need of these methods. Fortunate indeed is he who though perhaps the most needy, is able to exercise the persistence and fidelity to pay this price of patient effort. Hold the affirmation: *I-love-and-thereby-worship-the-Lord-or-interior-law-my-God,-with-all-my-mind-and-soul-and-strength. In-worshiping-it-in-myself-I-thereby-worship-it-in-all-others,-thus-fulfilling-the-law-of-Love-through-powers-thus-gained.*

By due co-operation with the interior law of Love, we necessarily manifest, in time, its loving omnipotence.

28. Intuition. The intuitive faculties receive knowledge and force at first hand, direct from the higher self, and from

the accumulated vibratory sediment or brain cells which represent the knowledge gaining experiences of past lives. The cell is but a vibratory organism which was formed as a result of our power to think. Knowledge-gaining in external ways, represents the "tree of knowledge" or "fall" into this method, from the higher method of subsisting directly from the vibratory flow which connects with the "tree of life"—the higher self or causal law of force. Think of this Biblical allegory of the "Garden of Eden" with reference to your own thought-faculties and their relative importance, and thus realize more fully the virtues of that intuitional activity which is produced by the occultists life and power-gaining practice of thought-concentration.

It is only the true occultist who knows how to thus feed upon the interior vibratory "tree of life." This is the true scientific method of worship. "In the day thou eat thereof (of the "tree of knowledge") thou shalt surely die" and shall "earn thy bread (or sustenance) by the sweat of thy brow." The occult method, of power-gaining by coming back to the original "tree (or vibratory fountain) of life" is not laborious. It is a matter of self-knowledge. It is the knowledge and practice of these laws of thought-concentration or scientific devotion. The power to think is the soul principle. Vibration is its life. The interior law of vibration is its true source of individualism. Self-discovery or knowledge-gaining was the object of "the fall" of man. Cultivate the intuitions by use. You can use them in your every act. Cultivate the art of "knowing from within." Listen now to the whisperings of "the still small voice" from within.

29. Will. Will is desire. It is Love in action. It is the impulse of individualism. Cultivate will by unifying your forces and the action of your thought faculties. Learn the powers of thought, the laws of thought and the methods

by which the will can obtain the backing of an interior omnipotence. Silently say: *I-will-be-what-I-will-to-be. I-and-the-Father-are-one. My-will-is-to-do-the-will-of-the-Divine-by-conforming-to-its-laws. I-fulfill-the-loving-purposes-of-universal-law. I-AM. I-unify-my-forces-by-co-operation-with-the-interior-law-of-force. My-will-therefore-cannot-be-"a-house-divided-against-itself." My-rightful-purposes-are-supreme-and-must-be-fulfilled-because-backed-by-my-will. I-devote-my-life-to-the-good-of-all.*

30. Greatness. "Self-respect is the early form in which greatness appears." We become truly and permanently great, to the degree that our self-respect is founded upon a knowledge of the true or higher self and its laws. The truly great man draws his sustenance chiefly from the within, through the intuitions and direct from the "tree of life," as does the occultist. He is therefore calm, reposeful and self-composed. His calmness is the reverential strength and self-respect of deep reliance upon the Divine, within. You could not insult him any more than you could the Sun or Moon, or the Divinity itself, which to the best of his ability he aims to faithfully represent. We all may be truly great by duly listening to the Divine voice within.

Let us try to exalt our thought concentration to the level of that spiritual law from which its powers spring and thus invoke powers which will make us truly great. Let us silently invoke the Divine image into manifestation through ourselves and our acts. Let us seek that unspeakable "lost word," which is beyond the interior depths of vibration. Let us thus find the everlasting silence of that eternal law of Love which being changeless is therefore noiseless. In fact it is the only absolute silence. All else is but an approach to it and partial. Thus may we obtain true greatness and then carry its blessings of love and service into the material world. Then will this Father law say: "*This-is-my-*

only-beloved-Son-(or manifesting agent or principle)-in-whom-I-AM-well-pleased. May-this-Divine-blessing-rest-upon-you-now-and-evermore. Amen.

31. Concentration. Let us settle the accounts of the month and see if there is not then a perceptible and noteworthy balance of power to our credit. This will indicate our degree of active knowledge concerning the laws governing thought-concentration. Review the subjects of the month and recall if possible the vibratory effects of each one upon yourself, that you may thus imbibe a deeper draught of its esotericism. If you have temporarily failed in your efforts, then "try, try again." One cannot continue permanently to try in one direction without making progress. Progress is success. There is no failure except to him who gives up. Never give up. These methods are right, at least as to essentials. They will bring you new strength, new perceptions of truth, and, in time, the unlimited satisfactions of true living. "Every dog has his day." Perhaps your day of power is at hand. The "dog-days" begin tomorrow. Their occult influences are liable to cause many to temporarily "fly the track" and "go mad" in a senseless effort to find other methods than "the narrow way" of thought-concentration in the attainment of Love's universal rewards. Do you feel justified in being faithful to these practices for another month, or are you ready to give up? Abide by and act upon the silent answer which comes to you from within.

NOTE.—We recommend that our four volumes, or text books of occultism (by Ernest Loomis, price \$1.25 each) and also Eleanor Kirks "Influence of the Zodiac upon Human Life" be used in connection with these daily subjects.

[NOTE.—This series of daily subjects began in the March, 1899, number, the opening issue of volume VI. All back numbers can be obtained at 15 cents each.]

Aug 1

Daily Subjects and Drills for the Universal Church of Silent Demand.--Continued.

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1. Hopefulness. The spirit of continued cheerfulness and hopefulness is expressive of many virtues, some of which, being beneath the surface, are commonly overlooked. But the truly hopeful and courageous one does not feel the necessity of having his good deeds heralded from the house-tops. It is sufficient that he himself knows of them and of the heroic spirit which prompted them. From the occultists standpoint it may be seen how the power gained and thus expressed and held constantly makes itself felt, and that in the long run the brave soul must be accepted and appreciated at its true worth.

Let us today content ourselves with power-gaining, or of acquiring the spirit of hopefulness and contentment, knowing that it will ever act even while externally inactive. "A cheerful spirit is a continual feast" which we each may have by going to its true source within. Hold the affirmation: *The-best-must-occur. I-now-produce-and-will-maintain-the-powerful-mood-of-true-hopefulness. I-seek-its-essence.*

2. Faith and Insight. It is a wonderful thing to be "led of the spirit" into all good. It is worth our while to inquire how such leadings may be obtained. They can be obtained by living from the spirit, or higher self. Through the

habitual practice of true thought-concentration, we may keep closely in touch with the higher self and thus awaken from within, a steady flow of vibratory power, direct from the spirit, or higher self. This enters the consciousness as a leading and power which then expresses itself through our every act and gradually weaves that web of force-currents which makes up our entire environments. It is in that way that our environments may be improved by thus getting into and producing the interior thought-currents of Infinite good. Blunders, wrong judgments, accidents, obstacles etc., are not very likely to then come to us, simply because we are not in their thought-currents, but are in the force-currents which carry us away from such things and they away from us. The falling brick etc., is not likely to touch him who by producing these thought currents or interior leadings, throws around himself the only safe armor of protection. Hold the thought: *I-am-led-of-the-spirit,-into-the-currents-of-Infinite-good. Praise-the-Law-(Lord)-for-its-powers-and-protecting-influences.*

3. Self-Teaching. He who wishes an inflow of knowledge and wisdom, should learn how to throw himself into the reposeful mood of true thought-concentration. The wise teacher would not undertake to teach his pupils during the pandemonium of an intermission, but would first restore order, and that is the first step in thought-concentration. We should still the senses, get quiet, and temporarily suspend our mental activities, by listening for the whisperings of "the still small voice" within. This carries us to the mood which is our beginning. Then as thoughts are reposefully held, their related thoughts will come until we see the subject in its entirety and thus become master of it. Let the lawyer follow this plan in working up a difficult case and he will find, as the mood is carried to the courtroom, that in reposefully presenting his case (if a righteous one)

to the jury or Judge, in the natural and concentrated order in which it became settled in his mind, his words will carry conviction because backed by the spirit. Let us spend more time in getting ready or in power-gaining, and less in power-spending if we would lessen our labors and multiply results. That is the way to organize victory. The rule may be modified to suit nearly all purposes, conditions and circumstances. Hold the thought : *I-now-restore-order-and-reposeful-harmony among-my-faculties-and-forces. I-seek-the-mood-of-power-and repose.*

4. Self-Knowledge is the secret of the occultist's power. The way is therefore now open to every true seeker. There are comparatively few who comprehend the powers and possibilities offered through the attainment of self-knowledge from the sources now available. They overlook the scientific value of the occultist's methods. They seem to think that the question is emphasized simply as a means of getting dollars and thus they go on in the old way, cheating themselves at every step of the opportunities, powers and satisfactions which rightfully belong to them.

How few there are who can learn anything of importance except through sad and bitter experience. People seem to learn nature's law only to the extent that they feel its coercive forces. There is a better way for whoever will but awaken from the Adam sleep of self-ignorance. The silence will lead the way. Ask yourselves the questions: *Am-I-making-the-most-of-my-powers-and-opportunities? Why-not? How-shall-I-find-and-apply-the-remedy.*

5. Self-Culture. The true student of occultism soon learns by results, why so much stress is herein given to the matter of attaining qualities and powers, instead of mere external results. When the requisite qualities and powers are first attained, abundant success comes as the natural sequence. Character-building or power-gaining is

the true object of life. Happiness, power, service, self-mastery and Love go hand in hand. Principles of occultism must be applied before they can be outwardly demonstrated by results. Our noonday practice of concentration is but an effort to apply them. But they should be understandingly applied, therefore these practices should go hand in hand with the study of our four text-books. Do not jump at the conclusion that these methods are of but little if any use, for until you have tried them in connection with a thorough study of the principles involved, as stated in these books or otherwise, if not in connection also with the degrees of the Brotherhood and our entire course of study, you are hardly in a position to judge. All of these degrees and the course of study are but methods of self-culture. They are the best available methods we know. Do not make the mistake of regarding this simply as a plea for your patronage for we do not need it, nor do we want it unless it can be made decidedly to your advantage as well. We are and have been able to demonstrate these laws in the attainment of success, at least to a sufficient extent to make solicitation unnecessary. Place this matter upon its own merits and silently decide upon your own course. Affirm: *I-am-led-of-the-spirit-only-to-that-which-is-best-for-me.*

6. Self-Control. All persons are constantly afforded ample opportunities for the cultivation of self-control. That they do not properly cultivate it is perhaps because their *desires* for its attainment are "but skin deep." But little can be done until our efforts are backed by our keen desires, because desire is thought force and therefore carries with it the powers of thought. Even our efforts to live moral and spiritual lives are not likely to carry us very high, until we know philosophically and beyond a doubt, that morality *pays* and that "honesty is truly the best policy." Occultism teaches this. People are very willing to reap the rewards

of self-control but seem equally unwilling to pay the price. Natural law will not have things that way and the sooner people know it, will they be able to deeply *desire* and then to successfully cultivate true self-control. Self-control is but thought control; and it is through that, that the occultist derives his powers. Silently try now, to realize that these things are strictly true, and then aspire earnestly to the clearness of thought, the strength of will and the deep desire to cultivate self-control as a means of obtaining its rewards and satisfactions. The opportunity is here. Get your minds clear on the subject and the desire will follow. Hold the thought: *I-will-love-the-interior-omnipotent-law-by conforming-to-its-principles-in-the-attainment-of-self-control,—or thought-control-and-its-rewards.*

7. Self-Defense. “Order is heaven’s first law.” Self-defense is its second. Self-defense is the first offspring of individualism. It was through individualism that the universe, or manifestation, became possible. Man the individual is God’s sole manifesting agent. In that sense “God sent his *only* begotten son (the power to think or individualism) into the world (or into manifestation) that whosoever (the individual) believeth on him (to the extent of also exercising fidelity to the *universal* laws or forces) might be saved” and thus come back to those universal laws or its source—the source of individualism. All evolution is but an effort of the lowest to come back to its source, or to the highest and thus manifest God or its inherent potentialities (the potentialities of universal law—the law of force.) That is why the first commandment is so full of meaning. In loving “thy God with all thy heart and mind and soul and strength” you are but loving your higher self or interior universal law of life; therefore to be true to this law of individualism, or of your higher self, is to be also true to all universal laws. They are one, and in the realization and un-

derstanding of their oneness is your strength and self-defense. There is much in this to think about, therefore after restoring order among your faculties and forces, let the mind silently and *reposefully* dwell on what has been herein said. Polarize your forces to the unchangeable interior law of life and your soul-life voyage will never go far astray from its direct course.

8. Self-Help. He who *masters* the subject of yesterday will need to be told little, if anything, regarding self-help. He will understand why and how "God helps him who helps himself," and that all true self-help is from within. Thought-concentration unifies the forces and faculties in their efforts to draw on the Infinite supply within and to get into the consequent thought-currents of Infinite good. We can do that now. Steady the forces and faculties and hold in thought the subject and purpose of self-help, also the affirmation: *I-desire-and-demand-good,-first-to-myself,-in-order-that-I-may-do-good-wisely-to-others. I-demand-wisdom,-power-and-the-upholding-of-that-interior-law-which-is-God.*

9. Self-Recovery. You once possessed yourself, but for purposes of manifestation and in answer to the impulses of individualism, you "descended into hell" or to the lowest point of evolution, or discordant vibration, and are now slowly working your way back over the evolutionary road which leads to the source of the Divine monad and to a consciousness of the interior Christ spirit. Through thought-concentration and its consequent self-mastery or self-recovery of this Christ spirit, it will, in time, be true of you, that "the third day (of the trinity of manifestation) he arose from the dead (in manifestation) and sitteth on the right hand of God the Father Almighty, (or infinite evolutionary law within) from when he shall come (into the manifest with full power) to judge the quick and the dead." Then you will find it easy to believe in the "Holy Ghost" or Christ

X spirit and comfortor and in a way which means something. Silently use this part of the Apostles creed, and in the light of its esotericism. In this way you may hasten that self-recovery of knowledge which will make possible to you the third day of manifestation

10. Self-Esteem. Why should we not esteem ourselves? Failure to do so implies a lack of self-knowledge and also the condemnation of that which we are potentially, were and ever shall be. It implies that the thought consciousness is in the bondage and limitations of externals instead of in its interior home or higher self. To thus live in externals is to necessarily suffer the limitations and bondage of low external vibrations. We must rise in self-esteem to the within, or to that which we eternally are, if we would manifest our higher powers. The faculty of self-esteem is truly a leader.

Let us now silently polarize to its leadership by meditating upon those laws and powers of our permanent Being which give us the divine right to esteem ourselves most highly and as the Sons of God. We all are "fallen angels" or "*Prodigal Sons*" who should silently say: *I-will-arise-and-go-to-my-Father-within,-by-holding-my-thought-consciousness-receptive-to-its-meanings-and-powers I-AM.*

11. Leo-Currents. Love currents can, by the occultist, be produced at will, and by a simple process of thought-concentration. It is worth while to learn that art, for Love is power. It requires considerable practice and a thorough knowledge of the principles involved, to get beyond its A, B, C's. The universal Leo currents are now favorable for its study, practice and understanding. Let us thus become more than lions—yes God-like—in strength, and God-like in Love and tenderness. Silently think of Love in its universal relations. Think of the heart. Re-read the essays entitled "Love is power," "Health Recipes" and "Occultism

in a Nutshell," and thus learn of Love's esoteric meanings and of the thought-methods by which its powers may be awakened. Hold the affirmation: *I-am-Love. Love-is-power. Love-is-the-fulfilling-of-the-law. God-is-Love. God-is-the-law. It-is-within-me.*

12. Honesty. You would perhaps be shocked to be told that you are not honest. Are you honest with yourself? Then why should you be shocked if told that you are dishonest? Are you not even willing to face that question and let your honesty shine, at least to yourself, to the degree that it is a reality and unalloyed? Do you comprehend all that absolute honesty to self and others implies? Then you comprehend a great deal and have a fit foundation for occult development. Face yourself, now. Peer into the awful depths of your soul and see if you can find no traces of dishonesty. Are there no shams in your life? No remaining scars from the "brand of Cain"? Is there no trace of selfishness in your heart? Then you are not true to yourself—your higher self—for individualism is God's method of manifesting the omnipotence of His Infinite law within each heart. You are not true to yourself or to his methods and purposes if you are lacking in fidelity to self—your higher self. The poor word selfishness has been painfully abused by those who do not comprehend what the true or higher self is. The true self is all related. All things are but parts of itself, therefore justice to these parts demands that man be ever true to himself, or honest to self, as his first and only duty. This duty is all inclusive because the true self is all inclusive. Your selfishness needs to be instructed, developed and directed, rather than restrained. Then, and not till then, will you be honest "to the core," and simply because your individualism will instinctively rebel so long as you ignorantly think that the course of absolute honesty is a sacrifice to its interests. Hold the

thought: *I-will-be-true-to-myself-and-all-others. Honesty-pays. I-demand-absolute-confidence-in-its-powers-for-my-external-good.*

13. Tact. Let us polarize to the thought of tact, as a means of adapting the deepest occult principles to our needs in the external world. "Nature never makes any long jumps." It is possible for one's entire attitude of mind to become revolutionized almost instantaneously, but if we attempt to then live entirely in involution, rather than in evolution, we will fail, and perhaps become "neither one thing nor another." What we need is to utilize thought-concentration and its occult principles, as the involutionary or spiritual method of transforming or spiritualizing external things, so they will give greater joy to the soul and greater power to the mind in its efforts to fulfill the Infinite purposes of external creation. We all are the instruments of an Infinite law which is placed within ourselves and which must, in time, become fulfilled externally, through each one individually. Let us not only realize the imminence of spirit, but at the same time be true to the evolutionary principles of our individualism, instead of to vaguely "live in the clouds" in a way that withdraws our attention and powers from the practical duties of the day and hour. If your duty is at present to scrub floors, then do it with the grace and God-like dignity which will attract all others, not to the mere scrubbing brush, or act, but to the *mood* which is able to use the scrubbing brush as a stepping stone to loving and faithful dominion over all God's works. Hold the thought: *I-adapt-the-deepest-occult-principles-to-my-daily-needs-and-duties. I-am-practical. I-fulfill-God's-purposes. I-demand-wisdom-to-understand-and-follow-the-way-to-the-highest-goal. I-see-good-in-all-things.*

14. Generosity. Our inherent powers imply the right and duty of planning and living our lives "on a generous

scale." We should not too closely limit our hopes, our desires, our aspirations and our expectations but should build for the eternal. Generosity does not necessarily imply extravagance or improvidence. Generosity should become that consciousness or overflow of strength which results from a reliance upon the omnipotent law within and which is ever willing to give of itself in loving service. Opportunities for service are ever at hand. We serve simply by living the life, or by a life of justice first to the self and then to all others. "Justice before generosity." To give implies that we first receive. If we would "give good gifts" we should, through thought concentration, go to the living fountain or vibratory law of life within and receive of its life and power until we are full to overflowing. Then our giving will be but the spontaneous outburst of a heart filled with Love. Gifts prompted by duty *only*, are lacking in this one quality of Love, which makes of them "perfect gifts." To give as we receive, instead of waiting till we are filled, stimulates and gives a healthful outlet to the interior fountain of Love. Its vibratory forces then flow into our lives like the currents of a river, and like the river should flow on unobstructed and for the good of all. The millionaire who gives, simply because death wrenches his possessions from his grasp, thereby then becomes all the more a slave, where he was once the seeming master. Are we such slaves, perhaps on a smaller scale? If so let us now break the shackles which bind us, by silently holding the affirmation: *I-am-free. The-Infinite-law-within-is-my-unfailing-supply. I-love-it. I-express-its-Love-through-service-to-all. I-am-free.*

15. Non-Resistance. "I say unto you resist not evil but over-come evil with good" were the words of the Christ. This does not imply that we should use ourselves as foot-bridges for every one to walk over. It does imply a recognition of the good, first within ourselves and then within

others. We overcome evil in others only by thus awakening that which is good in them, viz, the higher principles of their souls—their higher selves. The arm which is raised to strike, is composed of vibration and is at once disarmed when through loving recognition we get command of the causal law and the vibratory forces from which it derives its powers. Through the awakening of the law of Love in another, his will and body at once come under the dominion of that law. Then self center your thought forces upon that law within yourself. Your thought consciousness thus becomes so filled with its good things that you will then see no evil in yourself or others. In that way the thought causes are set up which carry you into the thought currents of Infinite good where no harm can come upon you. Evil becomes eliminated from your life. You see and judge of things according to their esoteric merits and with the eyes of Love, therefore “with that judgement ye judge shall ye be judged” at once brings to you the righteous judgment of Love and exonerates instead of incriminates you with evil taints. Hold the affirmation: *I-and-the-interior-Father-are-one. Its-omnipotence-keeps-me-from-all-harm. It-cares-for-me.* | “*Though-I-walk-through-the-valley-of-the-shadow-of-death-I-will-fear-no-evil-for-thou-art-with-me. Thy-rod-and-thy-staff-they-comfort-me.* |

16. Order. Order, comprehensiveness and harmonious perfection are essentials of the omnipotent universal interior evolutionary law. The law itself is changeless. It is only its products that can change. Vibration, or primal energy, is the essence of all its products. The power to think is the universal instrument of vibration and of vibratory or evolutionary law. The manifestation of this latent power is a matter of restoring order among the thought faculties and forces; or in other words a matter of co-operating with that law which is the perfection of order and har-

mony. Within that law absolute silence reigns supreme, because the law is changeless. Wherever there is change, motion or vibration, there is necessarily noise or sound. We cannot at once obtain absolute silence. If we did, its omnipotence would instantaneously disintegrate all physical or other forms, for forms necessarily imply boundary lines, limitation or bondage. "Matter is retarded motion." We need not fear that through silence our physical forms will become disintegrated. Our nearest approach to absolute silence will merely carry us into that region of high vibratory potency which will fill the body and consciousness with renewed life and power. Concentration is a matter of silence, or of stilling the senses etc., by restoring order among the faculties and forces. Let us do that now. Hold the thought: "*Be-still-and-know-that-I-am-God.*" *The-silence-is-the-Infinite-law-itself. I-am-that.*

17. Fire. Let us imbibe the spirit of the fire as a means of purification. The human metal should become free from the dross of low impure thoughts and their retarding vibrations. Purity and high vibration means *power, harmony and happiness*. As through silence we draw nearer to the vibratory law or God within, the consciousness at once becomes filled more and more with those resultants of its purity and potency. Our mental attitude toward the Sun, helps to determine the quality of force which its rays bring to us. Let us be Sun worshipers to the extent of perceiving the esoteric significance of the Sun, so that its life giving rays will bring us more and more of the power of God which is within it. By perceiving the God, within it, we thus furnish more fertile soil from which it can serve to awaken or bring into manifestation the same God or law within us. There is but the one God. In worshiping the essence of its every symbol we are but worshiping our higher selves or the God within. Hold the affirmation: *All-the-power-of-the-Sun-is-mine. Its*

God-is-my-God-or-law. I-perceive-its-power-as-my-own. I thus-appropriate-its-power. I-love-its-rays.

18. Force. The external universe is composed of force and nothing but force. We, as parts of the universe, are composed of force and force *only*. Our chief need is to understand and co-operate with the law of force which is within us. It is only in that way that we can manifest its omnipotence or fulfill the purposes of life. We must in time fulfill those purposes. We *must* obtain the self-knowledge which makes that possible. Occult science is but the science of force and of life. It is the science of Love, for Love is life. It is the science of vibration, for vibration is but Love or life in manifestation. The degrees of our Brotherhood, our books and our course of study are for the sole purpose of teaching and applying this all inclusive science. They explain the law of force. Do you realize what they might mean to you? Co-operative thought-concentration is but the practice of the principles of that science. The books, degrees, etc., are scientific helps in that practice. Hold the thought: *I-will-learn-and-fulfill-the-law-of-force. I-am-it.*

19. Time. The very existence of time and of a mental faculty which can comprehend time, together with the mental desire for continued life, implies and almost conclusively proves immortality and eternity. The Infinite does not and would not create desires and normal cravings (for continued life etc.,) that could not be legitimately satisfied. To do so would be the height of cruelty, and the Infinite is not cruel. Cruelty is inharmony or inharmonious vibration and an obstruction to the workings of that vibratory law of life which is perfect harmony. Inharmony is necessarily self-destructive and therefore impermanent. Within our minds is, at least to some extent, the results of a race fear of "eternal punishment," and the fear that perhaps immortality is not a fact. Let us silently wipe from the consciousness every ves-

tage of these fear forces and of their expression. They may express themselves only indirectly, but so long as they remain in the consciousness they will, directly or indirectly, disturb the peace, harmony and power of our lives. Hold the thought: *I-and-the-Father-(within)-are-one-and-inseparable. This-unchangcable-and-eternal-interior-law-is-my-refuge,-my-strength-and-my-eternal-life. My-power-to-think-is-eternal. I am-that-eternal-law.*

20. Music. Let us silently listen for "the music of the spheres" within ourselves. All music is but vibration, and together with its causal law is fully represented within ourselves, at least latently. In finding the interior music of perfect harmony, we are but finding the higher planes of interior vibratory potency, which will then become expressed, to a greater or less degree, through our every act and thought. Harmony is an essential of true silence and can be used as an aid in approaching that interior law which is the *only* absolute silence. Quiet the faculties and forces. Try to hush the senses. Avoid thought for the time-being, and gradually the consciousness will be carried to the within where true power and harmony reigns supreme. Hold the affirmation: *I-am-that-vibratory-law-which-is-perfect-harmony. I-now-catch-the-rhythm-of-its-music. My-consciousness-now-becomes-responsive-to-the-grand-chorus-of-God-which-lies-at-the-seat-of-my-Being. Words-become-profane-as I-get-into-the-harmony-of-perfect-silence. Its-joy-is-unspeakable. I-imbibe-its-life-and-omnipotence.*

21. Reason. Basic principles and laws are the only permanent facts. All else is transitory and constantly changing. The outward expression, or "thoughts of God, pause but a moment at any one point." All transitory things are ever changing into those causal laws which change not. These laws are inherent in all that is transitory and are the polarity which makes the evolution of transitory things pos-

sible. It should therefore be plain to all thinking minds that those faculties of reason etc., which take cognizance of those permanent facts called laws and principles, are important if not pre-eminent. He who wishes to now live for the eternal, should habitually exercise these faculties, by dealing with things intellectual, from the standpoint of principle, rather than of mere impulse. There are many who seem to think that "to be led of the spirit" implies the blind following of intuition or impulse, entirely regardless of the reasoning and other faculties. Every faculty was created for use and cannot, with impunity, be neglected. Nature will not permanently permit it. Still the mental faculties and then call up that mood of mind which brings all of the faculties into normal activity. When this is done try to formulate definite principles of life and standards of thought. Think from the standpoint of principle. Hold the thought: *I-am-the-law-of-manifestation. I-utilize-all-my-faculties-and-forces. I-think-from-the-standpoint-of-principle. My-judgments-are-wise-and-righteous. I-have-spiritual-understanding.*

22. Discrimination. We are just beginning to come, for a time, under the special influence of the Virgo planetary forces and force-currents, therefore let us try to exercise more of the Virgo discriminating powers, particularly in the matter of thought-concentration and in the due recognition and observance of those important occult principles which pertain to it. We are continually infringing some of these principles and laws, as is shown by the fact that we get but imperfect and limited, though important results. To *fully* co-operate with the underlying laws, would be to realize and fully manifest their ultimate and always inherent omnipotence, therefore let us each take this matter of judgment, understanding and discrimination, home to ourselves. When people hear these things they are apt to say "Oh don't that hit our friend so and so" when it was perhaps intended es-

pecially for themselves. Even Virgo characters are more apt to use their splendid discriminating powers on others than upon themselves. As you concentrate today, try to exercise all possible discrimination in making *sure* that you are drawing on the vibrations from within, rather than upon those from without. Hold in thought the question: *How-can-I-know-when-I-am-drawing-on-the-inner-vibrations-only? I-am-my-higher-self. It-is-my-power-to-think. It-is-within. I-am-now-conscious-of-its-peaceful-and-harmonious-presence.*

23. Criticism. True criticism is constructive rather than destructive. The "faults" and shortcomings of others as well as of ourselves, should be dealt with gently, and with that kindness, reverence and charity which is inspired by a knowledge and realization of what we are potentially or basically. The underlying law of life, if truly perceived, shows infinite promise even through its lowest and meanest representatives. To the extent that it is perceived when obscure, does it thus manifest itself in the one so perceiving it. Our mantle of charity should be as broad as the universe. Our critical faculties should be used chiefly to discover virtues instead of vices. A little praise, when inspired by Love, is sufficient to always bring into bolder relief, God's image in man. Let us use it in perceiving and in thus awakening our own better qualities and powers; and particularly in awakening that rare quality which seeks and finds good, and good only, in *all* things. Let the Divine law of life shine within us so brightly, that it will bring to the light of manifestation, our every virtue, and disclose to us the sublime fact that only the *good* is real and true. Vice thus is made to evaporate into its native nothingness. Hold the affirmation: *I-see-good-only,-in-all-things. I-thus-find-lessons-and-good-things-in-every-experience-and-circumstance. I-transmute-my-possibilities-into-opportunities,-powers-and-achievements.*

24. Foods. The true bread of life comes only from the vibratory law or "tree of life" within. The interior flow of life-force which is produced through true thought concentration, should be maintained by a habitual observance of that occult practice. This should become more and more our reliance and source of sustenance. Material foods and the digestive process, are a tax upon the vital system, especially with the many whose digestive organs are never allowed to rest. It is thus, that with many, the system becomes so clogged, that every force, faculty and power is injuriously affected. Nervous diseases, billiousness, eczema, rheumatism or some other complaint is the natural outcome. Most persons constantly eat from one to thirty days ahead of their appetite, therefore that mental, alimentive faculty, is abnormal or perverted in its action. It isn't even cultivated, because not allowed to really act. There is a method of using foods so that every mental and physical faculty will become multiplied in its powers, but it could hardly be given here and belongs more to our higher degrees and delineation department where individual tendencies can be taken into due consideration. The question of foods is important and can well be dealt with during the Virgo month when the external force-currents are so favorable. Hold the thought: *How-can-I-multiply-my-powers-through-foods-or-otherwise. I-demand-to-be-led-of-the-spirit-in-this-and-all-other-matters. My-tree-or-source-of-life-is-within.*

25. Circulation. Specialized or individual tendencies of character generally are interferences with the interior force-currents. The undercurrents of a character should be known and scientifically controlled. Thought control and thought concentration has a direct bearing upon this matter and should be used as the main reliance in harmonizing and strengthening the interior forces and force-currents. It is difficult to thoroughly control the thoughts, or to *master* the

art of thought concentration, until the nature and tendencies of these force-currents within yourself, are understood. Most people pride themselves on their self-knowledge (too often upon their defects) but are ever ready to admit that most others are sadly lacking in this one essential of self-culture and power-gaining. Self-pride of this kind "goeth before a fall." If, in any way, you fall short of a fulfillment of your highest ambitions and aspirations, you may know that you are lacking and in need of self-knowledge and self-control. Try to silently drive out all fear and to overcome all ignorance as a potent means of removing all interferences with the harmonious and powerful circulation of your interior forces and force-currents. Hold the thought: *My-faith looks-within-to-thee,-thou-law-of-calvary,-Saviour-divine. I-have-no-fear. There-is-nothing-that-can-interfere-with-the-harmony-of-my-forces. Let-the-law-of-my-life-manifest-itself-in-full-through-me. I-am-free.*

26. Vital Force. Esoteric students often overlook the importance of cultivating the three brain faculties which the Phrenologists call "Alimentiveness" "vitativeness" and "amativeness," as a means of building up the vital forces. These are the faculties which relate to foods, to the love of life and to sex love. Their physical correspondence are the stomach, the lungs and the heart. They lie at the base of the brain and are intended as the base or main support of physical life. As a rule, they are very perverted in their action and therefore bring to individuals all manner of evil consequences, while they might and should bring much good. Are you suffering from the perverted or abnormal action of these faculties? If so you must find and remove the cause before you can escape these unnecessary pains. Pain and unhappiness is nature's hint that you are infringing natural laws. Knowledge and obedience is the only method of obtaining their satisfactions and compensations. Which will

you have? You determine by your acts. Think the matter out during the silence and if possible devise scientific methods of removing the difficulties and in bettering your conditions. Hold the thought: *I-draw-my-force-from-within. I-demand-to-know-how-to-use-every-physical-or-other-means-of-answering-my-needs,-of-increasing-my-happiness-and-of-fulfilling-my-true-life-purposes. I-will-live-for-my-best.*

27. Vibration. The law of vibration is the one permanent fact which we call God. It is all and within all, here and everywhere, now and forever. The universe is but its product. Each separate part of the universe, no matter how infinitesimal, is representative of the trinity of factors or essentials which makes the manifestation of that law possible, therefore it is representative of the wholeness of that law and must in time manifest its omnipotence. A thinker, or the power to think, is the one and only instrument, or "only son," of vibratory law—the Father principle. The manifested universe is its transitory ghost, or "Holy Ghost." Vibration or motion is the very opposite of stillness and therefore is necessarily transitory. In fact it is necessarily a "ghost" or illusion, from the standpoint of absolute Being. That which is absolutely still and perfect, or the law itself which we call God, is the only unchangeable and real, in the absolute sense. Let our effort today be to draw the thought consciousness nearer to that interior stillness, or law, as a means of acquiring its leadings of the spirit or "holy ghost," its higher potencies and more of its perfection. Power-gaining is necessarily a matter of bringing that law of force into action by co-operation with its principles. Hold the thought: *I-now-carry-my-thought-consciousness-nearer-to-that-interior-stillness-or-law-which-is-God. My-soul-aspires-to-its-condition-of-perfection. I-demand-the-wisdom-to-find-and-express-its-omnipotence. I-demand-perfect-knowledge-of-vibratory-law.*

28. Positive. Every organism is but vibration, or a thinker in action. Wherever an organism is, there also are positive and negative poles and an attraction between them which results in both positive and negative forces. Wherever vibration is, there also is the perfect and complete law of vibration. It is from that interior universal law, that each atom derives its tendency and power to finally serve universal ends. The final evolution of all atoms and of all aggregations of atoms is therefore a foregone conclusion and absolute necessity. Vibratory law is that power behind tendency which makes of necessity "the mother of invention." Invention is its self-created instrument of easier expression. Invention is but a form of self-knowledge. Power is ever the creature of self-knowledge. Self-knowledge is the positive formulated methods of co-operation with vibratory law. Our Brotherhood degrees or methods of self-culture are but efforts to co-operate with vibratory law. This all-important law of vibration is clearly and fully explained in this course of study. So far as we know "and to the best of our knowledge and belief" as lawyers would say, there is no other source than this, (or that is not at least borrowed from this) where the law of vibration has been fully and conclusively explained. Our explanations make each of its essential principles absolutely self-evident, and that is the *only conclusive* authority. Hold the affirmation: *I-am-the-law-of-vibration-in-action. I-demand-that-understanding-through-which-I-can-manifest-its-omnipotence. My-present-demand-for-this-knowledge-is-the-self-created-positive-pole-which-must-bring-that-knowledge——its-negative.*

29. Negative forces represent the "slack-rope" of power. Negative conditions are representative of the preliminary halt, which marks the beginning of our polarization back toward first cause, through the involutionary process of physical death. They tend to withdraw the un-

derlying support from that which we have already accomplished. We should become negative to the interior vibratory forces *only* and by thus renewing our powers, *uphold* accomplishment. So long as we are in the positive outgoing evolutionary process of manifestation, let us thus manifest for all we are worth; and we should not forget this important habit and practice of thought-concentration as a means of turning on a pressure of power which will make our acts fairly glow with the manifesting power of Divine Love. The negative moods of thought-concentration are for the self-centering purpose of thus giving a better backing of power to positive acts and moods. Hold the affirmation; *I become-negative-to-the-interior-vibrations-only. I-thus-draw-my-positive-power-from-within. God-is-my-strength. I-im-bibe-a-consciousness-of-my-interior-omnipotence.*

30. Attraction. Love is the supreme gift and fact of existence. Your thought dwells upon and attracts that which you love. You love that which will make you happy. You can become permanently and supremely happy only by that wisdom and self-knowledge through which you are able to fulfill the divine purposes of your existence. You should therefore let the thought dwell upon the subject of wisdom and self-knowledge until you thus attract it and its resultants to yourself. Solomon wisely wished for and obtained wisdom. The proper study of mankind is that manifesting law within, which is both man and God. Thought-concentration polarizes the mental forces to this interior law and serves to fill the consciousness with the power of silence. If you wish to be successful then keep your thought battery well charged with the powers to be derived in the silence. "Learn to labor and to wait." Those who search too earnestly for knowledge, happiness and power from the without, will be compelled to wait for it until they learn how to find it in the silence, or by thus waiting. Hold

the affirmation: *I-am-the-power-of-silence. I-attract-my-own-by-finding-the-deep-and-more-powerful-vibratory-currents within. I-now-seek-perfect-rest-and-silence.*

31. Circles. Let us think of the many individual members of the Brotherhood, each of whom is trying, however feebly, to represent this great truth of man's inherent divinity; and to build within the self (through this devotional practice) a fire of Divine Love which will bring to the surface a better manifestation of Divine power. Think of the aggregate results of these united powers. To observe the practice by yourself would insure rich blessings, but to act as a representative or link in this great ever enlarging chain which encircles the globe, and the influence of which will, sooner or later, permeate its every avenue, is to set up causal forces which will surely attract co-operative helps, the possibilities of which, only the eye of faith and spiritual understanding can perceive. Let us silently praise and glorify the law which makes such things possible. Let us feel reverentially thankful that happiness, power, knowledge, wisdom and attainment go hand in hand and that being obtained on the easy terms of thought control, are thus placed at our disposal and absolute command. Silently search in thought for "the best thing of the month" which has come during these noonday devotional practices, and thus build the essence of their helps more deeply into the soul as a living active factor and power for your future good. Renew your resolution to observe still more faithfully for the coming month the true principles of thought concentration. Hold the thought: *I-love-myself-and-all-others. That-within-myself-which-I-love-most-is-likewise-inherent-within-all-others. In-loving-it-and-them,-I-am-but-loving-myself—my-higher-self.*

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